



# Healing Our Anger: 7 Ways to Make Peace in a Hostile World

*Michael, Ph.D. Obsatz*

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The signs of anger are all around us -- street violence, road rage, litigation, family abuse, police brutality, rudeness and the loss of civility in the media and in daily life. Michael Obsatz uses sociology to help us understand the reasons for anger in ourselves and in our society. He draws on his counseling experience to provide practical ways to defuse angry situations and to use anger creatively. He identifies spiritual themes and practices that heal our anger and offer alternative ways of living as individuals and as a society.

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