



Fielding Anger: Field Guide and Tool Box for Dealing with Angry Feelings

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Angry feelings can rise like tidal waves, carrying away all logical thought. It is human nature for anger to spark impulsive acts of conflict or quiet inward turmoil. When the angry behavior fails to deliver success disappointment sets in, and more anger emerges. The twenty-first-century person needs to have angry feelings work toward success and move the quality of life forward. Just like the athlete on the playing field, a person encountering anger can field the situation and make successful moves. See what is really happening, not what seems to be happening. Learn what blame can and cannot do. Read personal accounts of true success stories. Study the Cycle of Aggression and how it can be broken. Learn how to deal with a bully. Replace being rejected with being included. Have shorter encounters with aggressive angry people. Fielding Anger is a guide to use, more than a book to read, a personal tool. No two individuals will use it the same way, but the many who choose to build skills of fielding anger will include themselves in a new climate of fresh air for a living breathing world.

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