



Transforming Nurses' Stress and Anger: Steps Toward Healing, Second Edition

Sandra P. Thomas PhD RN FAAN

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Winner of an AJN Book of the Year Award!

This timely second edition is needed now more than ever. Overworked nurses in understaffed health institutions are experiencing considerable stress -- and anger -- which can take its toll in fatigue, physical health problems, depression, and substance abuse. This wise and eloquent book, written by the leading nurse expert on anger research, uses the stories of dozens of ordinary nurses and nurse leaders to describe the consequences of mismanaged anger. Specific strategies for channeling anger into personal and professional empowerment are described, along with ways to interact in a positive and assertive manner with patients, other nurses, doctors, and administrators to improve working conditions. Nurses at every level and in any setting will find this an inspiring and refreshing book.

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