



ANGERBUSTERS

The Center For Anger Resolution

EXPRESS ANGER?

Twenty years ago this month I took a vow at age 48 that I was not going to express any anger again directly to the person with whom I was angry for the rest of my life. I might report it calmly to *other* people, but I was not going to express it directly OR even report it to the person I had felt or was feeling angry with.

I had become convinced that my experiments with learning how to express "healthy anger" in a "healthy way" were going to have to stop when my third wife told me that if I blew up again that she was going to divorce me. I had been fired and divorced too many times to continue the experiment.

I have had some slips along the way with anger. No big ones with family members, but a few road rage incidents and retail rage incidents.

Do I intend to continue my goal of no anger expressed or reported to any person I am/was angry with? **Absolutely!** I intend to keep the goal for the rest of my life. Once I start to express anger, it wakes up the "Incredible Hulk" in me.

I started the Center for Anger Resolution 20 years ago to help men like me with anger and rage problems that were about to get divorced. Most therapists thought I was over doing it a little bit, but noticed that the angry men's wives loved it when they stopped expressing anger. Most therapists still believe that you can teach men with anger problems how to express their anger appropriately. I don't.

Now I am considering an even wilder idea: *Does anyone ever gain anything with another person, wife, boss or child by expressing anger?* I am beginning to wonder that all these years that we therapists told people that their anger was "appropriate" and they needed to express it "in a healthy way" to their spouse, caused more divorces than happy marriages.

Do we need to tell our spouse, boss, friends, and relatives what we want and don't *WANT in the future?* **YES!** Do we need to tell them how it made us *FEEL in the past?* **NO!** I don't think so. It might make us feel better temporarily, but I am beginning to doubt it does the relationship any good.

Do we all need to be able to tell our spouse, boss, friends, children and relatives, **NO!** *and stick to it?* **Absolutely!** Can we do it without expressing anger? I don't see why not!

Let me know what you think. Write me at newton@angerbusters.com

Weekend Intensive

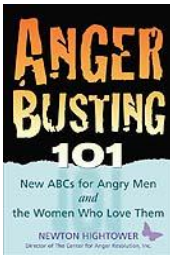
The Center for Anger Resolution, Inc. offers a limited number of Weekend Intensives throughout the year that are tailored to the specific recovery needs of each man and his partner. For men who want to be in recovery from angry and abusive behavior, it is strongly suggested that the intensive work be done with the spouse/mate present. The spouse/mate/girlfriend would serve in the role of a consultant to help the man do the work he needs to do.



I would be the therapist the entire weekend with just you and your partner. This is not a group session.

For More Information Click [HERE!](#)

Anger Busting 101: New ABC's For Angry Men and The Women Who Love Them



In this ground breaking book, Newton Hightower explains how he was once a rageaholic, tried meditation, pillow-pounding and other methods to release his anger to no avail. He kept thinking he could gain control and change his behavior. Through his own experience with rage, and the consequences of being fired and becoming depressed, he developed this revolutionary way to recover from anger. And now he shares his methods with you to free you from the chains of rage and destruction.

Bulk Discounts Available - Click [HERE](#) for more information!

Certified Anger Resolution Therapist - Home Study

Too busy to make it to a workshop?

Become a Certified Anger Resolution Therapist in the comfort of your own home on your time-clock. After completion you can...

- Use the CART credential after your name.
- Receive 15 CEUs and a CART certificate you can display in your office.
- Expand in a market niche for managed care or fee-for-service clients.
- Obtain certification that shows your competence in working with rageful men, women, and children.

- Acquire a powerful credential that shows your dedicated advancement in your career.

Click [HERE](#) to Order

Men's Group Openings - Wednesday

Newton Hightower has been leading men's groups in Houston for the last 30 years, first at the V.A. hospital and then in private practice. He is a frequent speaker at local and national professional associations and is the Director of The Center for Anger Resolution. Newton has been selected for years by judges and psychiatrists to work with the most rageful, violent men they see.

Call today for more information and an appointment 1-877-NO-ANGER (662-6437)

Live Certification Seminar

The Annual Houston Live Seminar

When: Friday, November 2 and Saturday, November 3, 2012

Where: The Council on Alcohol and Drugs Houston

To register and reserve your spot call
1-877-NO-ANGER (662-6437) Limited Seating

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