

Anger Kills By Dr Redford Williams

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Prevent Disease.com - Could Anger Be a Hereditary Trait?

Anger kills. We're speaking here not about the anger that drives people to shoot, stab, or otherwise wreak havoc on their fellow humans. We mean instead the everyday sort of anger, annoyance, and irritation that courses through the minds and bodies of many perfectly normal people. • If your immediate impulse when faced with everyday delays or frustrations—elevators that don't ...

Anger Kills: Dr. Redford Williams: Q617789378

But the point is that anger kills, if you have a lot of anger, whether you hold it in or let it out. If you hold it in, it's bad for you, and we've actually done some studies in which we find that ...

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Anger Kills Seventeen Strategies for Controlling Hostility That Can Harm Your Health by Dr. Redford Williams

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Dr. Virginia Williams and Dr. Redford Williams have years of clinical experience in the field of stress and anger management, having co-authored several books including the very popular Anger Kills: 17 Strategies to Control the Hostility That Can Harm Your Health.

ANGER KILLS - Health Report - ABC Radio National ...

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Anger Kills: Seventeen Strategies for Controlling the ...

About Dr. Redford Williams. Virginia Williams, Ph.D., is a historian and author. Redford Williams, M.D., is director of The Behavioral Medical Research Center at Duke University and a professor of psychiatry and an associate professor of medicine. Their last collaboration was Anger Kills: Seventeen... More about Dr. Redford Williams

Dr Redford Williams | Book Depository

Anger Kills : Seventeen Strategies for Controlling Hostility That Can Harm Your Health by Dr. Redford Williams Overview - Anger kills. We're speaking here not about the anger that drives people to shoot, stab, or otherwise wreak havoc on their fellow humans.

Anger Kills: Seventeen Strategies for Controlling ...

In Anger Kills, the authors convincingly describe the damage that cynicism, anger, and aggression can do to personal health and to interpersonal relationships. A brief "hostility" questionnaire is followed by 17 proven techniques for changing these insidiously deleterious personality traits. The strategies are straightforward and practical.

Redford Williams - Member Emotional Intelligence Consortium

In his best-selling book "Anger Kills," Dr. Redford Williams sounds a strong warning to those -- typically males -- who have an angry response to everyday setbacks. According to the Duke professor,...

Dr. Redford Williams Anger KillsSeventeen Strategies for ...

Anger Kills : Seventeen Strategies for Controlling Hostility That Can Harm Your Health by Redford Williams and Virginia Williams (1994, Paperback, Reprint)

Anger Kills by Dr. Redford Williams: 9780307818782 ...

In Anger Kills, Dr. Redford Williams reveals ground-breaking research that confirms that hostility not only is a serious barrier to happiness, but can lead to heart disease and other...

Anger Kills: Seventeen Strategies for Controlling ...

But anger not only kills others, it can kill you. Dr. Redford Williams, Professor of Psychiatry and Behavioral Science at Duke University, states: "The hostility and anger associated with Type-A behavior is a major contributor to heart disease.

Anger Kills - Redford Williams, Virginia Parrott Williams ...

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Dr. Redford Williams. Affiliation: Duke University Medical Center Email: redfordw@duke.edu. ... He is the author or coauthor of ten books, including Anger Kills and LifeSkills, and over 200 articles in peer reviewed journals, he is probably best known for his research documenting the role of hostility and anger as a risk factor for coronary ...

Anger Kills By Dr Redford

Anger Kills: Seventeen Strategies for Controlling the Hostility That Can Harm Your Health Mass Market Paperback - November 4, 1998 by Redford Williams (Author), (None) (Author)

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Dr. Redford Williams Anger Kills Seventeen Strategies for Controlling Hostility That Can Harm Your Health

The Best Anger Management Resources :: Williams LifeSkills

Dr. Virginia Williams co-authored Anger Kills, LifeSkills, and In Control. Along with Dr. Redford Williams, she researched and assembled the ten skills taught in the Williams LifeSkills workshops. Over the past several years, she has worked with a variety of groups, led numerous LifeSkills workshops, and trained many facilitators.

Anger Kills : Seventeen Strategies for Controlling ...

In the book Anger Kills, Dr. Redford Williams and his wife, Virginia Williams, write that about 20 percent of the general population has levels of hostility high enough to be dangerous to their health. About another 20 percent have very low levels, and the rest of us fall somewhere in between.

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