



# **The Anger Trap: Free Yourself from the Frustrations That Sabotage Your Life**

*Frank Minirth , Les Carter*

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It's easy to identify rage in people who lose their temper at traffic jams, unruly children, unresponsive coworkers, and unrealistic bosses. But we may not recognize more subtle manifestations of anger, such as being uncomfortable with loose ends, acting impatiently, or being overly critical. That is anger, too. And, as is so often the case, angry folks don't seem to realize that the behavior causing them problems at home or at work actually stems from unrecognized and unresolved pain and emotional injuries from the past. Is all this negative emotion inevitable, or are there choices about how to respond, choices that can improve personal relationships as well as emotional health? *The Anger Trap* is a landmark book that strips away the myths and misconceptions about anger and reveals how you can learn to distinguish between healthy and unhealthy anger so that you may choose--or help someone else to choose--a better, more spiritually enlightened path. *The Anger Trap* examines the root causes of anger and can help you realize your patterns and break the destructive cycles of criticism, frustration, and irritation that hurt you and others around you. Drawing insight from timeless spiritual wisdom as well as cutting-edge research, Dr. Carter offers practical techniques to free you from anger, its hidden insecurities, fears, and selfishness and thereby improve the quality of your home and workplace life. The book clearly illustrates how the change process works and *The Anger Trap* is filled with real-life examples of the ways people have come to terms with their anger by applying the concepts Dr. Carter outlines.

## The Anger Trap: Free Yourself from the Frustrations That Sabotage Your Life Details

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# From Reader Review The Anger Trap: Free Yourself from the Frustrations That Sabotage Your Life for online ebook

**Ria Majumdar says**

If you have struggled with anger issues most of your life, and failed to control that hideous beast that lurks in the shadowy parts of your psyche, this book is for you. In fact, if you think this book won't really help because all your previous attempts over the years have been futile, then *read again*: THIS BOOK IS FOR YOU!

The Anger Trap is a brilliant book. Let me flesh out why I think so:-

## **1. Anger is Important**

Every time a self-help book has imprinted itself on my mind, it has exhibited a very simple difference from its mediocre peers: an epiphany right at the beginning of the book. This book was no different.

While all other books and articles on the subject ask you to control your temper, release it, blah blah, this book was different. The Anger Trap asked me to look at my anger and figure out if it was necessary.

We get angry when we feel threatened. In fact, anger makes us better able to defend ourselves. That's why trying to be completely free of anger is actually a veiled attempt at repressing a necessary self-protective mechanism. No wonder I kept failing all these years!

But being angry for a just cause, and expressing it appropriately are two very different things. That's where people like us fail: we express a justified need in an unhealthy manner. The rest of the book helps you change that.

## **2. You always choose how you express your anger.**

The Anger Trap is full of brilliant nuggets of wisdom. This was another one.

While most of us (who have severe anger issues) feel like we are not in control when we get angry, this book begs to differ. It says that we choose to let our anger explode or implode because it is the easiest way to dominate the situation and the opponent. *Always our choice.*

How we express our anger is our choice.

We can choose to keep doing the wrong thing and alienate people, or we can also choose to express our anger in a healthy, yet assertive manner, so that our needs are expressed and the conflict is resolved constructively. To know how to do that, you will have to read the book.

## **3. You won't always win.**

One of the things I liked best about this book is that it asks us to be realistic. And realistically you will face your fair share of failures.

I picked up the book 3 months ago. Since then I have noticed a distinct change in the way I express my

anger. But every now and then I end up repeating habitual patterns. The Anger Trap taught me to recognize my mistakes even as I was making them and take a lesson from it instead of beating myself up over it.

Another thing this book taught me to be realistic about is that the only person I can control is my own self. We can try to be assertive and express our anger healthily, but that doesn't mean the other person will be mature and try to meet us in the middle. And when that happens we must accept their free will to express as they please, even as we stick to our guns.

#### 4. Open-ended questions at the end of every chapter.

I have read many self-help books over the years, and this format impressed me.

You see, most people are skeptical of self-help books because reading them is one thing and applying the lessons learnt is another. The Anger Trap has found a unique way around it by strategically placing open-ended questions at the end of each chapter. These questions make us think, identify the faulty logic we carry around in our minds, and determine our own opinion about the subject.

On the whole, finding this book was the best thing to happen to me in a very long time. Pick it up if you face anger issues. You won't regret it.

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#### Trisha Throop says

I recommend this book all over the place! Life changing!

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#### Quang says

Cu?n sách v? tâm lý th? hai và c?ng là cu?n th? hai v? C?N GI?N.

Gi?n. Gi? m?i ng??i có ph?i ?ang r?t d? n?i gi?n? Qu?t xe ngoài ???ng m?t cái, ai ?ó gi?n lên, m?t ?? tai tía, quát vào m?t nhau nh? tất n??c, quá ?à l?i "chân gi? h?i cao" v?i nhau. Th?ng bé bi?ng ?n, nhai ch?m không ch?u ?n cho xong thìa c?m, ai ?ó gi?n lên, l?i c?m d?p qu?t vào ??u em v?y thì còn gì là "m?ng non"? Ng?i nh?u, tr?i thì nóng, bía r??u thì mát m? gì cho cam, m?i nhau kêu "thôi em xin ki?u", "? mà y l?i không n? anh", ai ?ó gi?n lên, s?n con dao và ... Tr?n bóng, ph?t ??n oan, nghi b? x? ép, ai ?ó gi?n lên, b?, éo ?á n?a, k? b? khán gi?, cho tràn ly. B?i d??i bi?n d?nh ??c c?a nhà máy xyz nào ?ó, lâu ngày nóng trong ng??i mà không u?ng Dr. Thanh, con cá nào ?ó gi?n quá, c?n cáp.

Khi ??c cu?n sách này, v?i m?t ??a c?c súc và hay n?i nóng nh? tôi, thì ?ây không khác gì m?t quan tòa v?ch tr?n tr?i m?i th? sâu th?m trong tâm h?n c?a tên tù nhân **l?ng-tâm**. C?n gi?n và nh?ng kí ?c liên quan c? nh? nh?ng c? hành tây tròn ch?nh ??i ng??i ??u b?p l?t v?, bóc t?ng khoanh ngoài cùng d?n vào trong.

Ai trong cu?c s?ng mà không m?t l?n n?i nóng, dù v?i ng??i t??ng nh? là hi?n lành nh?t. Ai trong ??i mà không m?t l?n cãi l?i cha m? và vang lên trong ??u câu "Ch? ai hi?u cho con". Ai trong ??i mà không m?t l?n

buông l?i m?t s?t ng??i yêu khi ng??i ?y không ?áp ?ng l?i nguy?n v?ng c?a mình và buông l?i trách móc "Có ai ch?u l?ng nghe tôi không? Tôi ?ã làm gì mà ph?i b? ??i x? th? này"... và còn nhi?u nh?ng "ai trong ??i mà không m?t l?n" khác n?a. Và cu?n sách này, thấu tóm, li?t kê và phân tích g?n nh? nh?ng cái "không m?t l?n" ?y qua ki?n th?c, góc nhìn tâm lý h?c v?i nh?ng ki?n gi?i khoa h?c ?? ?a ra nh?ng bi?n pháp, tr? li?u phù h?p v?i hy v?ng giúp cho ng??i khác có th? tìm ???c nh?ng h??ng ?i, nh?ng s? l?a ch?n thích h?p, ?úng ?n và tránh r?i vào CÁI B?Y C?A C?N GI?N ?ã x?y ra quá th??ng xuyên ?? r?i ?nh h??ng tiêu c?c t?i cu?c s?ng c?a h?. ?ây là ?i?u khi?n cho tôi c?m th?y mình tr? nên tr?n tr?i tr??c nh?ng "b?n án" c?a nh?ng dòng ch? trong cu?n sách này lên-ti?ng.

Tôi tr??c ?ó c?ng có ??c cu?n "Gi?n" c?a tác gi? Thích Nh?t H?nh, c?ng chung ch? ?? hóa gi?i c?n gi?n. Trong khi "Gi?n" h??ng con ng??i "bao b?c, ôm ?p c?n gi?n" nh? ng??i m? ôm con, và h??ng d?n thêm các gi?i pháp cho tình th?n nh? ?? ý h?i th?, ?? ý các b??c chân nh?m gi?i quy?t các c?n n? khí, thì "Cái b?y c?a c?n gi?n" c?a Les Carter nhìn c?n gi?n v?i góc nhìn tâm lý h?c - khoa h?c và các gi?i pháp th?c ti?n h?n nh? khi cãi nhau thì th?i ?i?m nào là nên ki?m ch?, lúc ?y c?n ??t ra câu h?i gì ?? bình t?nh, t? v?n b?n thân b?ng các câu h?i c? th? v? b?n thân và ý ngh?a c?a c?n gi?n, các ph??ng pháp th?c hành ngoài ??i nh? th? nào ?? d?n chuy?n hóa c?n gi?n tiêu c?c thành c?n gi?n tích c?c, hay các ?o?n phân tích tính cách nào c?n có ?? hóa gi?i c?n gi?n, tích cách nào không nên gi? ?? tránh vi?c c?n gi?n âm ? t?n t?i ... ?i?m chung duy nh?t mà hai cu?n sách này nói t?i chính là: trong m?i ng??i, không th? nào không t?n t?i c?n gi?n vì nó luôn là m?t trong nh?ng c?m xúc ch? ??o, quan tr?ng là chúng ta ?? cho nó ki?m soát b?n thân mình hay mình s? ki?m soát nó. Nói t?i ?ây, b? phim ho?t hình Inside Out hi?n ra, và ?ó không ch? ??n thu?n là m?t b? phim ho?t hình cho tr? em, mà s? là m?t t? li?u ?áng quý cho nh?ng ai mu?n xem nó d??i góc ?? tâm lý h?c, góc nhìn tìm hi?u v? cách con ng??i t??ng tác v?i **mình-bên-trong**.

Tôi c?ng có khá nhi?u cái "m? m?t" trong khi ??c cu?n sách này. Ví d? nh? vi?c lý gi?i tính di truy?n trong gia ?ình c?a c?n gi?n. Ng??i ta có câu "cha m? sinh con tr?i sinh tánh". Nh?ng ch?c ch?n tính cách nào cha m? b?c l? ? nhà, ?a con không 10 thì 7 ph?n nó h?p th? ?? vô tâm h?n. M?t ?o?n trích trong sách:

*Khi chúng tôi tìm hi?u các nguyên nhân gây ra con gi?n và nh?ng l?a ch?n ?? ki?m ch? nó, tôi c? g?ng ??t thói quen c?a h? vào m?t cái nhìn r?ng h?n. Tôi h?i: "Bao nhiêu ng??i trong s? các b?n l?n lên có ít nh?t cha ho?c m? có các v?n ?? liên quan ??n c?n gi?n". G?n 100% nh?ng ng??i tham d? bu?i h?i th?o ??u gi? tay.*

Hay c?n gi?n còn ???c chia thành ba lo?i và m?i lo?i có nh?ng ??c ?i?m nh?n di?n và tác h?i khác nhau. Tôi thì tôi th?y có c? ba luôn. ?au kh? ! Và vô vàn nh?ng ki?n th?c liên quan t?i c?n gi?n s? ch? b?n tìm t?i.

?i?m tr? duy nh?t gây khó kh?n cho mình trong vi?c gi? nh?p ??c liên t?c cu?n sách này chính là vi?c chuy?n ng? c?a d?ch gi?. Có nh?ng ?o?n s? ???c d?ch r?t nu?t nà, tr?n tru nh?ng sau ?ó l?i có nh?ng ?o?n mà câu cú c? l?ng c?ng, không thoát ý và mang l?i cho cá nhân mình c?m t??ng có s? can thi?p c?a google translate hay có s? can thi?p c?a nhi?u ng??i d?ch mà không hi?u ý nhau v?y ?y.

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## John says

This is an excellent book for anyone who struggles with anger and wants to deal with the heart issues beyond the surface reactions. This is a great read for counselors or anyone wanting to help a close friend.

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## **Kat says**

I believe everyone should read this book! A lot of self-help texts often don't succeed in bringing any more depth of clarity or getting to the root source of the problem. This one, however, identifies deeper issues underlying anger, as well as manifestations of anger that we don't always recognize, such as being too passive. It made me realize that everyone I know has issue expressing anger in a healthy way to some extent, because society tells us it must be repressed as it is an ugly emotion. In reality, it is a natural emotion that serves as a useful (and necessary) tool in becoming a well-rounded and well-adjusted individual.

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## **Rob Freund says**

Rating: 4/5 stars for general helpfulness, ease of reading, lack of redundancy, and good content.

Dr. Les Carter's "The Anger Trap" is definitely a self-help kind of book, written for the masses and easily digestible. If you read through it like I did, about a chapter or two at a time, you can finish it in about two weeks. If you plow through it with some concentrated reading, I'd say a few days could be all you need. At any rate, if you have ever struggled with your anger, or someone else's anger in the past, then I would suggest you read this book. If you think that you never have a problem with your anger, then I definitely suggest that you read this book.

One of the great things that Dr. Carter does is to explore the different sources of anger, and the different ways it is expressed. Did you know that there are actually three main ways we can create a negative outlet for our anger? According to the author, we can be suppressors (never letting our anger show; swallowing it up and acting like nothing bothered us), open-aggressors (this is basically like what we picture as stereotypical anger; vein popping, teeth bared, dagger-staring anger!), or passive-aggressors (and we all know what this looks like; the cold shoulder, the slammed door, the quiet revenge). Because I had never thought of anger-suppression as an emotional mismanagement, I never saw myself as having an anger problem, because I definitely favor that style. What Carter illustrates is that mismanaged anger, even if we keep it buried, can still be damaging; it poisons the emotional well, as it were.

He goes on to talk about why we feel angry, and does a pretty nice job of demonstrating the positive qualities of being upset. Now, there's something that threw me – being angry can be a good thing? That's crazy! But in reality, we feel angry when we perceive some kind of threat to our well being, self worth, or a conviction/value that is important to us. It's a defensive emotion that enables us to protect ourselves. When you look at anger that way (healthy anger, anyways) suddenly expressing your anger rather than subverting it becomes a good thing. For a people-pleaser like me, that was something huge to understand. However, Carter also talks about how to communicate anger in a healthy way, using a mixture of assertiveness and kindness.

The book clearly comes from a Cognitive-Behavioral perspective and also includes Adlerian concepts of family training that I appreciate. When it comes to anger management, the CBT techniques detailed in the book are very helpful and I think necessary; it's a concrete approach that helps you to trouble shoot and create some mindfulness in how you interact with other people, particularly those that can push your hot-buttons! However, in exploring family of origin and the learned process of anger management, Carter really shines because he goes to the root of the issue and helps you to work on creating change from that point, which in my opinion makes the lessons learned more likely to stick.

At the end of each chapter is a set of thought-questions that you can answer, journal style or in your head (like I did) to get you thinking and to help the messages sink in. This contributes to the hands-on, self-help appeal of the book. As the book progresses, the content shifts from understanding where our anger comes from and how it is mismanaged, to strategies for appropriately expressing anger and managing it in a prosocial, adaptive way. One additional strength of Carter's is the use of real people and real stories throughout the chapters that we revisit as we go from understanding anger to managing it. By examining other people as they process their life circumstances, it becomes easy to see how it can take place or be frustrated in your own. The positive management portion of the book goes into great detail regarding equality, respect (towards self and others), forgiveness, free will, and insecurities. Carter make great arguments for orienting ourselves around these concepts, as well as practical advice for how to do so.

In closing, I believe that *The Anger Trap* is a book that any person can benefit from, whether they believe they have an anger problem or not. This book makes it clear that just because you don't explode at people on a regular basis, it does not mean that you are managing your own anger. Usually even the most composed individual finds themselves being manipulated by their anger, rather than the other way around. In closing, I suggest you, whoever you are, give this book a try. At worst, you'll discover some interesting things about how emotions work. At best, I think you'll find some ways to reinvigorate and refresh your personal life, possibly with long lasting changes.

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### **Tina says**

This book caught my eye at the library on a particularly frustrating day so I picked it up out of curiosity. It took me months to get through it because I would read a bit and chew on what I learned for days. I wouldn't label myself as an angry person but the first thing I learned is that anger comes in lots of forms-we all deal with it. I find social psychology fascinating but what I really love about this book is that the principles can be applied to any negative or unhealthy feelings and really opened my eyes to how I come across to my children at stressful times. The principles focus on being in control of your emotions regardless of others or circumstances, and slowing down reactions so that your actions reflect the person you want to become...to act and not react. The book also addresses assertiveness vs. aggression or passive aggression, forgiveness, respect, patience, self-restraint and kindness. This book would be super helpful to anyone dealing with anger or disappointment, or is in a relationship with someone dealing with those things because of the great insight into how those people may feel and think and why.

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### **Amanda says**

Some preachiness pops up in a few places, but it's not overwhelming. I read this book more to understand the angry people in my life, and in the process learned from strategies for dealing with them. Although not as angry as the author's patients, I learned about the sources of my own anger and how to choose alternate responses when the feelings arise.

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### **Senja Larsen says**

Anyone who has misused their anger (which is all of us) would benefit from reading this. More peace, less bickering!

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## **Bridgett says**

I often have an uptight and anxious personality and I have a need to make sense of every little thing. These types of qualities have led me to get very frustrated or angry when things don't go as planned or if there's some kind of miscommunication. I really related to all the different causes of anger stated in this book and I found the advice very helpful. I often feel anger out of fear or feeling a lack of control. In the heat of the moment I tend to forget people are people and make mistakes and have their own emotions; I treat people as "logic machines." I need to learn to control my actions better and to deal with problems assertively yet respectfully.

I am also very interested in learning to forgive people as a means of healing and getting past difficult events. I have post traumatic stress disorder and have gone through some traumatic more recent interpersonal problems; obsessing about them does me no good. Sometimes I think I've forgiven someone and then a bad event happens (internally or externally) and I get angry all over again. I have to learn to put things to rest and demonstrate the qualities I want associated with me -- not the anger, disrespect, and cruelty.

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## **Manus says**

Everyone should read this book. Whether you find yourself occasionally annoyed and frustrated or if you have frequent overtly aggressive outbursts, this book can help. I strongly recommend this book to every single person. It will definitely help you transform anger, annoyance, and frustration into opportunities for growth.

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## **Kim says**

This book changed my life. I want to read it over and over - the ideas are so clear and helpful. I've been trying for years to be less angry and not model bad anger to my children. This book helped in my relationship with my husband, children and even friends in general.

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## **Chris says**

This book was absolutely amazing! Being able to relate so much to what I read in it made my head spin. I realized that I have so much to change about myself, so that I can achieve success in relationships with my lover, my co-workers, my kids, my neighbours and my family.

The overall lesson from this book is to be mindful of our emotions, so that we can turn them into positive forms of anger, rather than destructive forms. It will help you to understand where that negative form of anger came from, and how we continue to repeat it today, without even realizing it.

I have issues with anger. They have caused me to fail in every single love relationship I've ever had, including my marriage which ended in divorce, and most recently with my girlfriend whom I love more than I can tell you. I've also suffered in my relationship with my young daughters, who will tell you that I also suffer from anger. In 15 years of loyalty to one company, I have not been able to advance as my peers



have. Really, it's no coincidence.

This book has also inspired me to get into anger therapy, as I read in the pages Dr Carter had with his patients.

If any of this resonates with you, I would strongly urge you to read this book. I would say do 1 chapter at a time, and be sure to do the homework at the end of each paragraph. It truly makes everything you read make more sense and relevant to your own story.

Good luck! And go easy on yourself. This is not easy.

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### **Rachael says**

I found this book pretty insightful, I liked the focus on subtle manifestations of anger since they are rarely talked about—yet we all have interactions with people who let their anger build up internally, leading to negative choices and interactions.

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### **Duston Farrell says**

I admit I do have anger issues, and read with the idea to do something to help with it. Self awareness seems to be huge in many areas of our lives. This is no exception. I also discovered that there are many others I didn't realize that are struggling with anger issues.

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