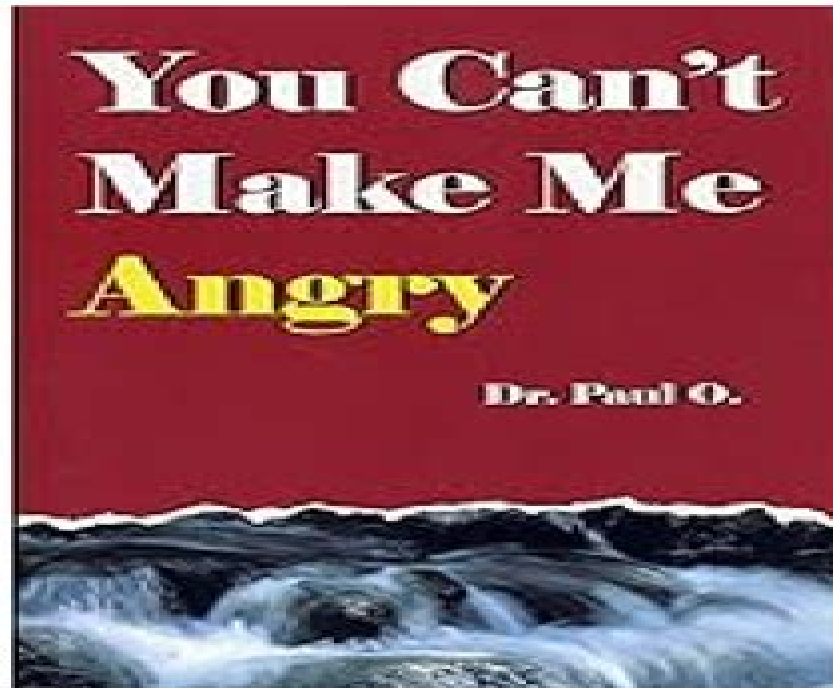


You Can't Make Me Angry



You Can T Make Me Angry

**R. S. O'Loughlin,H. F.
Montgomery,Charles Dwyer**



You Can T Make Me Angry:

You Can't Make Me Angry Dr. Paul O.,2022-01-14 And acceptance is the answer to all my problems today You may already know of Dr Paul s simple yet profound wisdom in the frequently quoted passage from his story in the Big Book of Alcoholics Anonymous Dr Paul continues sharing his experience strength and hope in this his second book You Can t Make Me Angry By the time you put this book down you will be convinced that people and circumstances don t make us angry we make ourselves angry People can t make us angry unless we let them We alone are responsible for our feelings A measure of the effectiveness of communication is the result it produces If you don t like the results you are getting when communicating with another person there s a great deal you can do about it I m not willing to let any thing or any person put my physical sobriety at risk why should I put less value on my emotional sobriety For physical sobriety we had to give up drinking and for emotional sobriety we have to give up blaming others No longer can we say You made me angry Instead we must accept personal responsibility for our emotional state This much responsibility may seem extreme yet in fact it is a great freedom Henceforth no person or situation can upset us if we don t give them or it permission to do so What could be a greater freedom than that Emotional maturity is like serenity The first time I felt serene I wondered what was happening but I liked the feeling and wanted more The more I got the more I wanted Serenity is addictive **Margaret Maliphant** Alice Vansittart Strettel Carr,1889 **The New Rational Therapy** Elliot D. Cohen,2007 Throughout the ages great thinkers such as Plato Aristotle Epicurus Aquinas Descartes Spinoza Kant Nietzsche and many others have had incredibly useful things to say about overcoming the strife of everyday living and attaining happiness Unfortunately contemporary approaches to psychology have made only limited use of this guidance At last here is an uplifting psychology that systematically applies the wisdom of the ages to attaining life pregnant with insight meaning value and purpose Guided by the vision of great minds this book shows you how you can still feel secure and hopeful in a precarious uncertain universe face evil with life affirming courage build self esteem respect for others and global reverence become your own person take control of you re emotions and behavior strengthen your willpower confront moral problems creatively build rapport and solidarity with others and hone your practical decision making skills Unlike classical approaches to rational psychology that only scratch the surface of what s deeply wrong in your life The New Rational Therapy gets to the core and offers you penetrating philosophical antidotes for transcending your malaise and for attaining an enduring profound happiness **Supreme Court** ,1914 **Typhoon, and other stories** Joseph Conrad,1921 *The Shorter Tales of Joseph Conrad* Joseph Conrad,1924 Youth and Typhoon in Woods bibliography Littell's Living Age ,1881 The Galaxy ,1872 **The Waverley Novels** Walter Scott,1893 **The Pirate** Walter Scott,1893 *Waverley Novels: The pirate* Walter Scott,1901 **The Waverley Novels: The pirate** Sir Walter Scott,1893 **In Queer Street** Fergus Hume,1913 Representative Continental Dramas Montrose Jonas Moses,1924 **Better Conversations** Jim Knight,2015-10-01 Check out The Better Conversations trailer <https://youtu.be>

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