



## Boiling Point: The High Cost of Unhealthy Anger to Individuals and Society (Paperback)

By Jane Middleton-Moz

HEALTH COMMUNICATIONS, United States, 1999. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Newspaper headlines today can be frightening. We read about children shooting children, armed motorists turning our freeways into war zones, spouses beating their partners and children. When did we turn from a civilized society into one so seemingly out-of-control? Author Jane Middleton-Moz carefully examines how technology, big business, upward mobility and modern warfare have isolated and disconnected us from one another. The byproducts of these societal changes are increased frustration, stress and vulnerability, resulting in expressions of anger that can often turn violent. Disconnection is literally killing us. In its purest sense, anger is a normal, health emotion. It is a warning signal that something is wrong. It can alert an individual of the potential for physical or psychological trauma. Anger can provide the energy to resist emotional or physical threats, allowing defense or escape. Anger aids in our awareness of emotional and physical boundaries and helps individuals set healthy limits. Anger can also mobilize us to make much-needed changes in our world when we are faced with injustices. When not properly expressed, however, anger can come out sideways in the...



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