



# What's Making You Angry?: 10 Steps to Transforming Anger So Everyone Wins (Nonviolent Communication Guides)

*Shari Klein, Neill Gibson*

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The tenets of *Nonviolent Communication* are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application.

This step-by-step guide provides information on how to refocus attention when angry and create satisfying outcomes for everyone. If one can avoid moralistic judgments about the wrongness of the other person's behavior, anger can become as a life-enriching emotion and a window into personal needs and values.

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