

## References & Recommended Reading List

**Cava, R.** (1990). *Dealing with Difficult People: Proven Strategies for Handling Strssful Situations and Defusing Tensions*. Piatkus.

**Gottlieb, M. M.** (1999). *The Angry Self: A Comprehensive Approach to Anger Management*. Zeig, Tucker and Co.

**Kriesberg, L.** (2004). *Constructive Conflicts: From Escalation to Resolution*. Rowman and Littlefield Publishers.

**Nay, W. R.** (2004). *Taking Charge of Anger: How to Resolve Conflicts, Sustain Relationships and Express Yourself without Losing Control*. The Guilford Press.

**Schiraldi, G. R. & Kerr, M. H.** (2002). *The Anger Management Sourcebook*. McGraw-Hill.