

Don't I Have the Right to Be Angry?

The HEArt Program for Veterans and Others Who Want to Prevent Destructive Anger

Howard Lipke, Ph.D.

Don't I Have the Right to Be Angry? presents ideas and exercises for preventing anger that people do not want. It was developed over 35 years of working with combat veterans and is expanded for the general public. While it includes standard cognitive and behavioral perspectives, it emphasizes understanding anger as a defense against more painful emotions. It also explores how past painful experience influences anger, and considers the complexities of forgiveness and acceptance. The book is written for all audiences, with sections of special interest to counselors and veterans.

"This book is a 'must have' for all helping professionals and clients coping with traumatic stress injuries, particularly members of the warrior class including active-duty military, veterans, law enforcement, journalists, and family members."

*Mark C. Russell, Ph.D., ABPP, Commander, U.S. Navy (Retired)
Director, Institute of War Stress Injuries and Social Justice
Antioch University Seattle*

"This system works; anyone prone to angry outbursts should read this book."

*Don R. Catherall, Ph.D.
Editor, Handbook of Stress, Trauma, and the Family*

"The HEArt program has become a key aspect of the clinical programming on the residential PTSD unit and is a strong tool for anybody recovering from the effects of PTSD."

*Anthony R. Peterson, Psy.D.
Section Chief, PTSD Programs
Captain James A. Lovell Federal Health Care Center
North Chicago, IL*

"While it is initially directed toward a veteran audience, this program would be helpful for just about everyone, including therapy groups, graduate students, and mental health professionals. It is easy to understand, a pleasure to read, and I highly recommend it!"

Carolyn V. Edwards, Ph.D. Roosevelt University, Chicago, IL



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