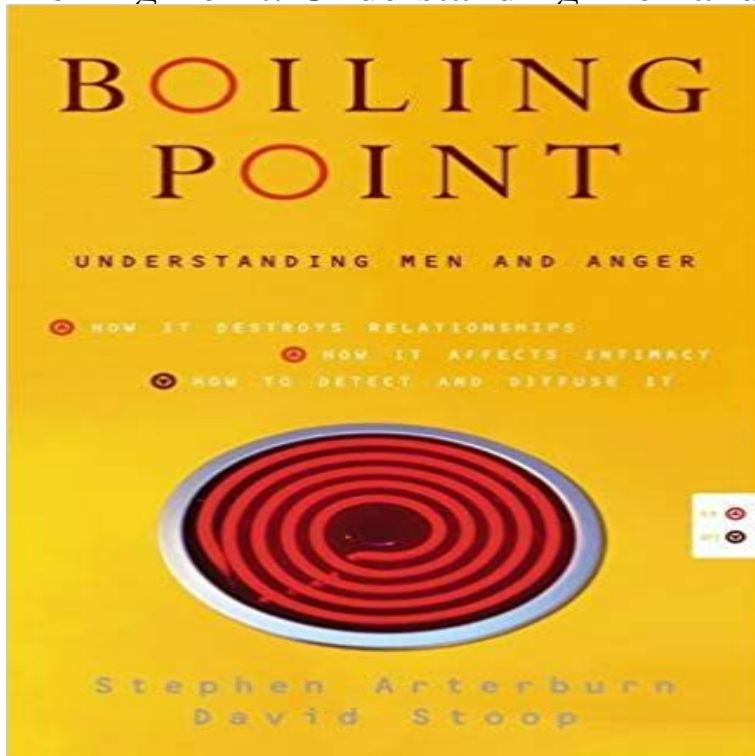


## Boiling Point: Understanding Men and Anger



Being a man in the twenty-first century isn't easy. In fact, trying to live up to a masculine ideal that may be nothing more than myth has left many men frustrated and angry. Often unable to express their emotions, these men appear buttoned-up until a seemingly minor setback unleashes a torrent of rage that can destroy personal and professional relationships. Does this sound familiar? The mistakes of other drivers fill him with road rage. Setbacks at work send him into a tailspin. Unmet expectations in his relationship leave him seething. Holidays and other occasions are filled with tension instead of joy. Suppressed anger, when it finally boils over, scalds everyone involved—including loved ones, co-workers, and even strangers.

Christian counselors David Stoop and Stephen Arterburn offer solutions in this trade paper version of *The Angry Man*. They show what happens when men's deep-rooted anger starts to ruin relationships, jobs, and health, and they help sufferers find their way back from the brink. Men will find the help they need to reimagine a positive image of their masculinity; their loved ones will find advice on reaching a man at his boiling point.

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