



# Anger Management:

## Teaching Men

### To Turn Down Volume on Negative Emotions and Turn Up Volume on Positive Emotions

John Schinnerer, Ph.D.

Individual coaching, presentations and workshops

#### Details

- Danville – San Ramon Medical Center
- 913 San Ramon Valley Blvd. #280
- Danville, CA 94526
- (925) 575-0258

#### Testimonials

*"I want you to know how much I appreciate you reaching out to my husband. For the first time last evening, my husband honestly shared with me. Whatever you are doing, keep it up because you are reaching him. Even our pastors couldn't seem to do that. You're a blessing."*  
Katie M.

*"I've been to 14 shrinks before you. Nothing worked as well as your teachings. Your services are vitally needed in today's world. Keep up the outstanding work and the great jokes!"* Steve M.

#### Contact

[www.guidetoself.com](http://www.guidetoself.com)  
[john@guidetoself.com](mailto:john@guidetoself.com)  
(925) 575-0258

## Master Anger, Master Life

Think about the most important relationships in your life. When it matters most, are you at your worst behavior? When the stakes are high, is your level of patience low? When you talk finances with your spouse, are you calm? Or are you hijacked by anger? Do you frequently feel irritated? If so, John Schinnerer, Ph.D. can teach you concrete skills that will help you master your emotions. Emotions are not feminine. Emotions are human.

Find out the latest scientific information about each of the four types of anger and powerful new tools to manage them. Begin to learn to manage your emotions today. Greater emotional awareness means greater power, greater influence, increased success in business, improved relationships, and a longer life.

Learn from the very best - John Schinnerer, a U.C. Berkeley-trained Ph.D., positive psychology coach, award-winning author of *"Guide To Self: The Beginner's Guide To Managing Emotion and Thought"* and author of the #1 blog on positive psychology on the web, Shrunken Mind.

## Positive Psychology Coaching for Real Men

Personal and professional success both hinge on emotional management skills. 93% of the top competencies for successful managers and executives are emotionally-based. Emotional management is necessary for success in work and at home. Emotions are the primary driving force in your life. They are intertwined with every thought you have and every action you take. The goal is to learn to behave in constructive, positive ways when you are angry. Learn the latest scientifically-proven ways to a less angry and happier life.

Everyone gets angry at times. Anger is a normal, healthy emotion. For some, anger gets out of control, destructive and leads to numerous problems. The goal is not to eliminate anger from your life. *The goal is to learn to behave in constructive, positive ways when you are angry.* Learn the latest scientifically-proven ways to a less angry and happier life.