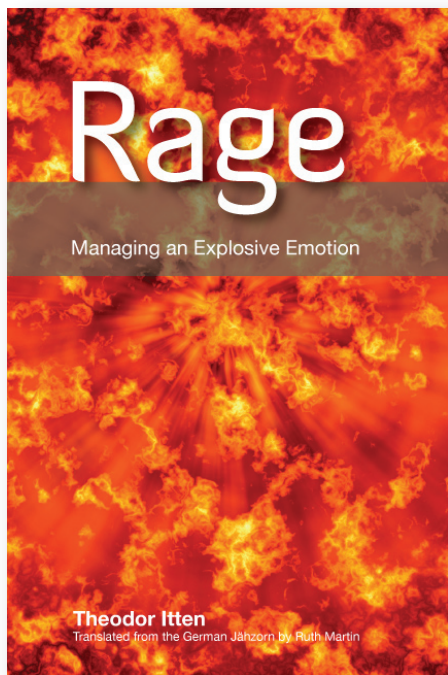


New Book Information



Rage

Managing an Explosive Emotion

Theodor Itten

Translated from the German *Jähzorn* by Ruth Martin

Some reviews of the German edition of *Rage, Jähzorn*:

... Theodor Itten, psychotherapist and author, has got to grips with sudden rage in both literary and therapeutic terms. . .

... *Jähzorn* is the very first German-language book on the subject, and is published by Springer, a prestigious Viennese publisher.

"One's own sense of self-worth, self confidence, and sense of responsibility are fed by the truth of one's feelings," according to Swiss psychologist Theodor Itten's brilliant new book *Jähzorn*

Details

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- ISBN: 978 1 907471 29 2
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- 229 x 152mm
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Description

The destructive power of rage is well known, but until now has been a taboo subject. Whether in our professional or private lives, we have all been witness to sudden outbursts of rage. To underpin these everyday observations, a team of researchers in Switzerland asked almost 600 people about their personal experiences of sudden rage. The surprising result: 20% were the victims of their parents' rage as children, and 24% of those surveyed experienced rage themselves. Is sudden rage a widespread disease? Where does it come from? How does it manifest itself? What can we do about it? These questions lead the author on a journey through religion, myth, literature and film. The book's case studies supply new socio-psychological and therapeutic insights, as well as a call to action for psychotherapists, doctors, teachers and other members of the caring professions. They also provide a valuable source of information for those personally affected, and for their loved ones.

About the author

Theodor Itten is a Member of the United Kingdom Council of Psychotherapy. Since 1981 he has practised psychotherapy in St. Gallen. Since 2003 he has been a committee member of the Swiss Psychotherapists' Association and, since 2008, its president. In 2002 he founded his own publishing company (www.ittenbooks.ch).