



# Stop! Calm Down!: Before You Act on Your Violent Anger

*Linda Smith-Potter*

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## **Stop! Calm Down!: Before You Act on Your Violent Anger** Linda Smith-Potter

We all deal with stress in the modern world. News headlines tragically reveal the truth. Linda Smith-Potter is a grandmother, writer and lecturer who has witnessed firsthand the terrible consequences of unchecked anger. In this accessible and forthright book, she opens an honest discussion for adults and young adults who may be vulnerable to harming themselves and others during inappropriate acts of rage. This book provides questionnaires that give the reader tools to understand anger and stress, as well as vulnerability to harming themselves and others during inappropriate expressions of rage. Stop! Calm down! Before you act on your violent anger.

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