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In closing, I want to summarize what makes Marcia Cannon's book *The Gift of Anger* different from the other books on anger. Dr. Cannon offers another viewpoint she calls the Two Stages of Anger.

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The Gift of Anger is a concise and easily followed guide to understanding and managing anger. By weaving together simple and graspable case examples and insightful broad principles, Marcia Cannon shows us a way to enhance our emotional competence in an important domain.

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The Gift of A Yet many of us see anger as a negative, potentially dangerous emotion that should be suppressed. But the truth is, anger is a gift a natural, internal signal that unfailingly identifies an opportunity for healing and

growth.

The Gift of Anger : Seven Steps to Uncover the Meaning of ...

Marcia Cannon, Ph.D., MFT, is a marriage and family therapist who has taught people how to use their anger positively for more than fifteen years. She lives in the San Francisco Bay Area and conducts talks and workshops on the gift of anger process for organizations and groups nationwide.

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