

As anger and anxiety intensify everywhere, anger management expert offers solutions to provide support in the community.

PHILADELPHIA, PENNSYLVANIA, UNITED STATES, October 15, 2020 /EINPresswire.com/ -- Licensed Behavior Specialist Lynnette C. Anderson launches a new book, along with, the grand opening of a Philadelphia business office to provide support in the community and reduce a burden on the mental health system.

Anger is one of the most misunderstood emotions, that we all share. Free yourself from the guilt, unintended outcomes, and feelings of failure caused by unbridled anger.

Research suggests roughly one in 13 people struggles with inappropriate, intense, or poorly controlled anger. *

Politics, the COVID-19 pandemic, continued racial tensions, and economic distress have only amplified spoken and unspoken feelings of anger for many people.

Anger management expert Lynnette C. Anderson says "I want you to know that you are not alone in feeling angry. I will teach you evidence-based techniques to relay any of your emotions, including seemingly uncontrollable anger."

Anderson is the author of the new book "Don't Cry and Don't Beg: A Step-by-Step Guide to Dealing with Anger." Her knowledge for this self-help book comes from 20 years of experience helping people overcome self-defeating behaviors like substance abuse and domestic violence.

Anderson is also celebrating the grand opening of a new business office, "Therapeutic Holistic Innovative Naturopathic Knowledge for Anger Management," or THINK Instead; located at 7325 Sherwood Road in Philadelphia. There, Anderson will offer anger management classes, a cost-effective alternative to job loss, family discord, bullying and gun violence. The entrance to her basement-floor office is on Haverford Avenue and is accessible via SEPTA bus routes 31 and 106, with ample free on street parking available.

The THINK Instead business office will be celebrated with a ribbon cutting ceremony, open to the public, on October 24. Buy an autographed copy of the book or use the computers to apply online for mail-in ballots and Vote!

Anderson's anger management classes focus on illuminating Emotional Intelligence, Behavior Modification, and Spirituality, along with, Restorative Justice and Victim Empathy.

Philadelphia ranks #2 in the nation in gun crimes and murders. "Just two days ago my 72-year-old Uncle was awakened from a nap, on the couch in his living-room, when stray bullets from gunfire outside broke into his home both downstairs and upstairs. I have to help, and do my part at a time when techniques for controlling anger are needed more than ever," says Anderson.

In the book and more during the classes, she reveals evidence-based proven strategies for getting to the root of an individual's unique triggers for anger and transforming rage into controlled expressions.

Don't Cry and Don't Beg: A Step-by-Step Guide to Dealing with Anger is available now in eBook and audio formats, as well as print versions in Spanish or English languages.

Social distancing protocols are in place and please wear a mask for everyone's safety.

Buy Don't Cry and Don't Beg on Amazon at <https://www.amazon.com/dp/B08KJ8MLH8>.

Watch a video for Don't Cry and Don't Beg on YouTube at https://youtu.be/TamzS_hfpC4.

[Book a class or learn more about Anger Management at http://www.dontcryanddontbeg.com](http://www.dontcryanddontbeg.com).

*SOURCE: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4384185>.

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