



# Anger Management

*By Swati Y Bhawe, Sunil Saini*

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Anger management is a term that connects to us instantly since it talks about the most common emotion that we encounter in the present time, both within and without: anger. Laying out a host of effective tips to manage anger, **Anger Management** comes with the power to change things for the better.

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## **Editorial Review**

### About the Author

**Swati Y. Bhave**, Visiting Consultant, Indraprastha Apollo Hospital, New Delhi, is an internationally known pediatrician and adolescent specialist. She is Executive Director of an NGO?Association of Adolescent and Child Care in India (AACCI). She has been the President of Indian Academy of Pediatrics (IAP ) in 2000 and presently holds the post of coordinator in the International Pediatric Association (IPA). She is also a member of the Technical Steering Committee ( TSC) of the child and adolescent section of WHO, Geneva. She is a former Professor of Pediatrics in BJ Medical College, Pune and Associate Professor in Grant Medical College, Mumbai. She has also worked as a Senior Consultant and PG teacher at the Bombay Hospital Institute of Medical Sciences. She has many medical books to her credit specially in adolescent health and her current interest is adolescent mental health. She has also written books for the layman and participated in many shows on TV and given radio talks. She was Editor of the *Asian Journal of Pediatric Practice* from 1994–2008.

**Sunil Saini** is doing research work in the Department of Applied Psychology, GJUS&T, Hisar, Haryana, and has a lot of research experience on anger and anger related problems. He has published about 40 research papers in national and international journals and has edited a book with Dr Swati Bhavé. He is currently Associate Executive Editor of the journal *Indian Psychologist*.

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