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I.A.M. (Integrated Anger Management): A Common Sense Guide to Coping with Anger

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book was engrossing, inspiring, and challenging. It stands as a must for anyone interested especially in organizations, and organizational change, but also is important for anyone seeking insights into cutting-edge developments in sociology.

I.A.M. (Integrated Anger Management): A Common Sense Guide to Coping with Anger, by Melvin L. Fein. Westport, CN: Praeger, 1993, 231 pp. \$12.95 paper. ISBN 0-275-94244-9. \$49.95 cloth. ISBN 0-275-94773-4.

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How might one interpret, in a book written about anger management, the not infrequent application by its author of such terms as “stupid” or “fashionable pap” to that with which he is in disagreement? Initially amusing, eventually annoying, the overall effect was to distract this reader in reviewing an otherwise interesting and welcome contribution to the literature. More about this matter later.

The contents of the book are summarized nicely on its back cover:

Despite our justified fears of its destructiveness, anger is an essential part of our social life. I.A.M. provides a way to take advantage of this by offering a step-by-step guide for 1. keeping the emotion safe, 2. learning to tolerate its sometimes overwhelming intensity, 3. evaluating its often disguised objectives, 4. relinquishing impossible aims, and 5. realistically employing its power to obtain critical goals.

A broad audience would seem intended, including those in search of self-help in managing anger, clinicians, sociologists of emotion, and the general reader.

The book is especially interesting in its treatment of anger from the perspective of the sociology of emotions, in making explicit the social construction, negotiation, and role of anger, and the advantages accruing to those who master the emotion. The chapters “Anger and the Family” and “Anger and Organizational Leadership” are recommended reading in particular.

In many ways, however, the person struggling with anger seems to be to whom the book is primarily addressed. The author, in a rather touching preface, reveals motivations for writing this book that well transcend the merely academic or clinical. Perhaps it is this self-help

quality that accounts for the aforementioned distractions in a style of writing not uncommon to this particular genre.

In writing for clinicians, the author acknowledges the many competing voices in the field of anger management, but asserts that each, in its own way, lacks a needed comprehensiveness of approach, particularly with regard to addressing the more sociological dimensions of the emotion. The author's stated contribution is to integrate these various perspectives and approaches to bring about this comprehensiveness, thereby offering greater potential for success in managing anger. Within the book, the author does not indicate if I.A.M. either has undergone or is undergoing any controlled or comparative clinical study.

Finally, this reviewer recommends that the author consider developing a clinical manual for I.A.M. This can elaborate upon concepts and interventions proposed and can reduce the amount of reading time for practitioners who presumably hold much of the contents within their clinical domain of knowledge and practice, although as the author asserts, not yet in holistic form.

Power in the Highest Degree: Professionals and the Rise of a New Mandarin Order, by Charles Derber, William A. Schwartz and Yale Magrass. New York: Oxford University Press, Inc., 1990. 275 pp. \$12.95. ISBN 0-19-503778-2

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In the light of fundamental socio-political changes in Eastern Europe and the former USSR since the 1989 revolution, new social orders have emerged around the world. It is a period that one can easily label a post-cold war era. With the unpredictability of the future, and the uncertainty of the present, nontraditional methods of analysis have become eminent to explain and understand the world's behavior. Such new methods of analysis must be able to probe into the past in the light of the dynamics of the present. The task of explaining fundamental socio-political issues such as power and class conflict as well as stability, freedom, and democracy, seem to preoccupy social scientists in general and sociologists in particular. The work of Derber, Schwartz and Magrass in their book, *Power in the Highest Degree*, offers a challenging perspective in explaining and studying the concept of power. Their work is profound to the sociological theory and methodology of power and authority in modern society. The authors are articulate in presenting a new