



## ***Transforming Anger* Group Reading Guide**

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### ***Transforming Anger: The HeartMath Solution for Letting Go of Rage, Frustration, and Irritation***

Authors: Doc Childre and Deborah Rozman

#### **Reading Guide: Dedication, Foreward, and Chapter 1**

1. On what kind of information is the book based?
2. What is “power of the heart”? (p. xv)
3. What are some of the feelings of underlying anger? (p. 2)
4. Why does the heart play a significant role in anger? (p. 4)
5. How does the heart function if we are feeling disturbing or negative emotions? (pp. 4-5)
6. How does the heart function if we are feeling positive emotions? (p. 5)
7. What happens to brain function when we are feeling positive emotions? (p. 5)
8. How much more amplitude /power does the heart generate compared to the brain? (p. 5)
9. What is “intelligent love”? (p. 6)
10. What are some things that cause me to go to negative emotions. Name the negative emotions.