

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



Breakthrough with Michael Pipich Archives Available

**March 21st 2013: Breakthrough with Michael
Pipich Thursday, March 21, 2013**

Anger can be the most intense and confusing emotion we possess. If unrestrained, it can result in the destruction of life and spirit. But if recognized, understood and used intelligently, we can harness the power of anger to motivate ourselves, and create new and important changes in our lives and our communities. In this episode of Breakthrough with Michael Pipich, Harvard psychiatrist and author, Dr. Joseph Shrand will discuss his new book, *Outsmarting Anger, Seven Strategies for Defusing Our Most Dangerous Emotion*. Michael and Dr. Joe will explore the biology of anger, how to distinguish

[Read more](#)



Tune in

Archives Available on
VoiceAmerica Health and
Wellness Channel

EPISODE ON DEMAND

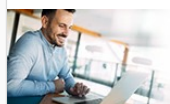
VIEW HOST PAGE

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG