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### 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

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