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### Fear is Negotiable: Business Survival Skills 101

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**April 2nd 2013: Workplace Violence Series: Outsmarting Anger**

In this episode, Dr. Shrand, Instructor of Psychiatry at Harvard Medical School, will be discussing the valuable information in his book "Outsmarting Anger: 7 Strategies for Defusing our Most Dangerous Emotion". Dr. Shrand will discuss what happens inside the brain when anger erupts, and how we can harness our own internal mechanisms to counteract the potentially destructive forces of anger. Dr. Shrand will then discuss tangible strategies and techniques for tapping into our brain's powerful anger management zone, as well how to recognize and manage anger, both in us as well as in others.

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### Featured Guest



#### Joseph Shrand, MD

Joseph Shrand, MD, is an instructor of psychiatry at Harvard Medical School and the Medical Director of CASTLE (Clean and Sober Teens Living Empowered), an intervention unit for at-risk teens that is part of High Point Treatment Center in Brockton, Mass.

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