

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of February 2, 2014

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Breaking the Anger Habit

Dear Fellow Bucket Filler,

My sister, Donna, has a favorite saying: "Kind people are my kind of people." However, I've seen the best bucket fillers do some deep and damaging dipping when they are angry. The truth is, it's hard to be kind when you're angry, but there is help.

The Anger Habit Workbook by Dr. Carl Semmelroth is one of the best and most practical books I've read for overcoming anger. Dr. Semmelroth explains that most people think there are only two alternatives to anger: Either smother it or express it, constructively or otherwise.

Dr. Semmelroth teaches a third way to deal with anger and that is to see it as a "behavior that we use to solve life's problems." *The Anger Habit Workbook* will guide you through learning new habits without using anger. Learning alternatives to anger reduces its presence in your life.

I think we can all agree that the world would be a better place if more people could break their anger habits. Dr. Semmelroth's workbook offers the opportunity to learn new habits and enjoy life as a bucket filler.

Wishing you Happier Living,
Carol McCloud

Our Bucket Filler of the Week*

Sarah Hensler, a Social and Emotional Learning Specialist, from Washington, D.C.

*E-newsletter winners are randomly selected to win a free copy of our latest book, "Bucket Filling from A to Z!"



Bucketfilling Showcase



This issue's picture was shared with us by Kelly Smith from **Ansted Elementary** in **Ansted, West Virginia**. Their school celebrated bucket filling all throughout the Christmas season!

We invite you to showcase your organization's bucket filling in our worldwide e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to info@bucketfillers101.com.

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