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In Anger Kills, Dr. Redford Williams reveals ground-breaking research that confirms that hostility not only is a serious barrier to happiness, but can lead to heart disease and other life-threatening illnesses. Dr. Williams and his wife, Virginia, team up to present the latest research in the field and offer seventeen practical strategies that can help readers translate scientific theory into ...

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President Dr. Virginia Williams co-authored Anger Kills, LifeSkills, and In Control. Along with Dr. Redford Williams, she researched and assembled the ten skills taught in the Williams LifeSkills workshops. Over the past several years, she has worked with a variety of groups, led numerous LifeSkills workshops, and trained many facilitators.

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A Duke University researcher believes some of us possess an "anger gene" that could lead to serious health problems. Dr. Redford Williams, director of the Behavioral Medicine Research Center at Duke University School of Medicine, has proven that prolonged periods of anger raises our blood pressure, our adrenaline and our cortisol levels, causing damage to the immune system.

~~Prevent Disease.com — Could Anger Be a Hereditary Trait?~~

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