

About the Author

(several author bios are available below):

Short Bio:

Ed Daube, Ph.D., The Emotions Doctor, is an expert on using emotions as strategic tools to improve your life and your relationships.

Dr. Daube is the author of two books both of which are Amazon Best Sellers: *Emotions as Tools: a Self Help Guide to Controlling Your Life not Your Feelings* and *Beyond Anger Management: Master Your Anger as a Strategic Tool*.

His specialty is making complex subjects understandable.

His informative Blog: TheEmotionsDoctor.com

His email address: TheEmotionsDoctor@gmail.com.

Medium Bio:

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He is a Senior Adjunct Professor of Psychology at the University of Laverne in Southern California and retired after a 32 year career as a Senior Psychologist with the Juvenile Division of the California Department of Corrections. He has been a featured guest on numerous web-based podcasts.

His books are for anyone who feels controlled by their emotions or who has to deal with another person whose emotions control them. His specialty is making complex subjects understandable.

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Long Bio:

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He is a Senior Adjunct Professor of Psychology at the University of Laverne in Southern California.

He is retired after a 32 year career as Senior Psychologist with the Juvenile Division of the California Department of Corrections. As a Senior Psychologist, he trained management staff in both the Juvenile and the Adult Divisions of the Department.

As an independent speaker, he has worked with Law Enforcement Personnel and the Air National Guard. He was also a speaker at the first annual conference of the American Association of Anger Management Professionals in 2014 and he has been a featured guest on numerous web-based podcasts.

His books are for anyone who feels controlled by their emotions or who has to deal with another person whose emotions control them. His specialty is making complex subjects understandable and the content of his books is designed to be immediately useable.

Dr. Daube's interest in the topic of emotions did not begin until he was a Psychology Intern at Napa State Hospital in California. Indeed, he grew up in a family that did not deal well with any emotion, especially anger. His dad, while a good father, tended to hold his anger in until it exploded. His mom didn't express much emotion either. While he experienced feelings, he tended to avoid emotions and to approach the world through a cognitive filter.

As a Psychology Intern, Dr. Daube "joined" a treatment group in at Henry Ohlhoff House, a residential alcoholic treatment program in San Francisco. He did not have a drug or alcohol problem but he wanted to learn how to deal with this population. The members of the group were very supportive. They recognized immediately that the only difference between them and Dr. Daube was that they escaped their feelings through self-medication and he escaped his through academics. Six months into the

group, they broke through his psychological walls and he was “forced” to deal with his emotions for the first time.

After graduation, he began working with young women in the California Youth Authority (now the Juvenile Division of the Department of Corrections). These women had histories of multiple abuse as well as getting in trouble with the law, did not know how to adaptively deal with their feelings, and tended to hurt themselves and others. The staff he worked with and trained also tended to be very jaded when it came to emotions. Dr. Daube had to figure out how to present the topic of emotions to both his clients and staff in a way that would not be rejected, was easy to understand, and could potentially bring about changes in attitudes and behavior. He developed the Emotions as Tools Model and wrote his first book about the Model.

After retirement, he noticed that anger was written about a lot in the media and on the internet and that much of what was written was misleading. He wrote his second book on Anger Mastery to change some of the misconceptions that existed about anger.

He has been an educational speaker on Celebrity Cruises and is a contributor to Ezinearticles.com, Quora.com, SelfHelp.com and forums on LinkedIn.

He enjoys travelling and seeing places most tourists never visit such as the Cave of a 1000 Buddahs in China. He is also a certified SCUBA diver and an amateur photographer. He lives with his wife in Oxnard, California.

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Five Fun Facts about Ed:

1. Ed is a PADI certified *Open Water Scuba Diver*.
2. Ed owns a Scion FRS. This is technically a sedan that looks and drives like a sports car. Ed loves to drive at just above the speed limit and as fast as he can safely go around corners except when his wife is in the car.

3. Ed never had time for history books or autobiographies. Now that he is retired, he reads both history books and autobiographies. His favorite, so far, is *The Oregon Trail* by Rinker Buck.

4. Ed loves to travel, see new places, and meet new people. His favorite trip was to Machu Pichu in Peru and the Galapagos Islands in Ecuador.

5. While, currently, Ed is petless, he is a dog person.