

The following media kit will provide you with everything you might want to know about Ed Daube, Ph.D. and his books *Beyond Anger Management: Master Your Anger as a Strategic Tool* and *Emotions as Tools: A Self Help Guide to Controlling Your Life not Your Feelings*

On this page, you will find:

- About the Author Bios
- Five Fun Facts about Ed
- Sample Interview Questions.
- Covers and short summaries of Ed's Books

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:

Ed Daube, Ph.D., The Emotions Doctor, 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*.

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.

His informative Blog: TheEmotionsDoctor.com

He can be reached by email: TheEmotionsDoctor@gmail.com.

Five Fun Facts about Ed:

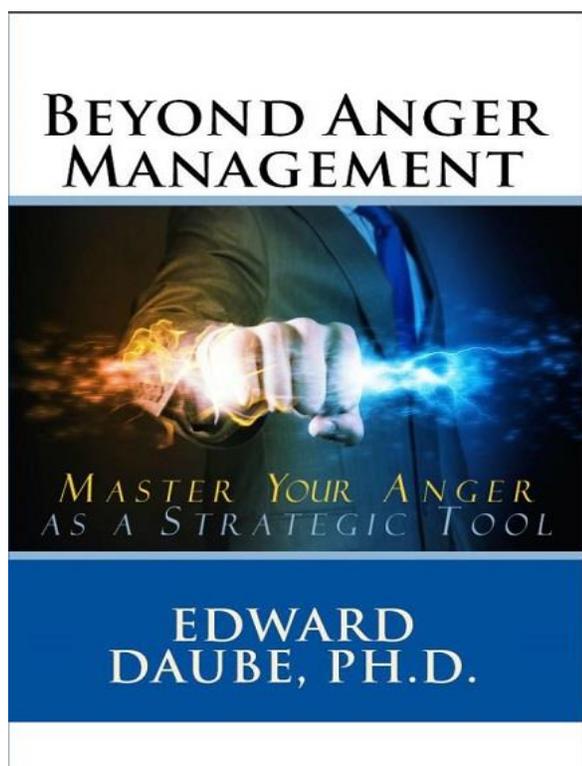
1. Ed is a PADI certified *Open Water Scuba Diver*.
2. Ed owns a Scion FRS. This is technically a sedan that looks and drives like a sports car. Ed loves to drive at just above the speed limit and as fast as he can safely go around corners except when his wife is in the car.
3. Ed never had time for 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.

Sample Interview Questions

1. You wrote a book entitled Emotions as Tools. What does “emotions as tools” mean?
2. Can you explain how your approach helps our listeners deal with specific feelings such as anxiety, guilt, shame or anger?
3. What are some specific skills that our listeners can do today to begin using their emotions as tools. Or... What are some specific skills our listeners can do today to begin using their anxiety as a tool?

4. Your new book is entitled *Beyond Anger Management: Mastering Your Anger as a Strategic Tool*? What do you mean when you refer to anger as a strategic tool? What do you mean by “beyond anger management”?
5. Is there a difference between men’s and women’s anger?
6. What can my listeners do, today, to begin mastering their anger as a strategic tool?
7. People listening to this show may struggle with getting angry and doing something they later regret. What's your best advice on how they can deal with that?
8. How can I use your approach in dealing with someone who gets mad at me?
9. How can my listeners get in touch with you?

Ed’s Books



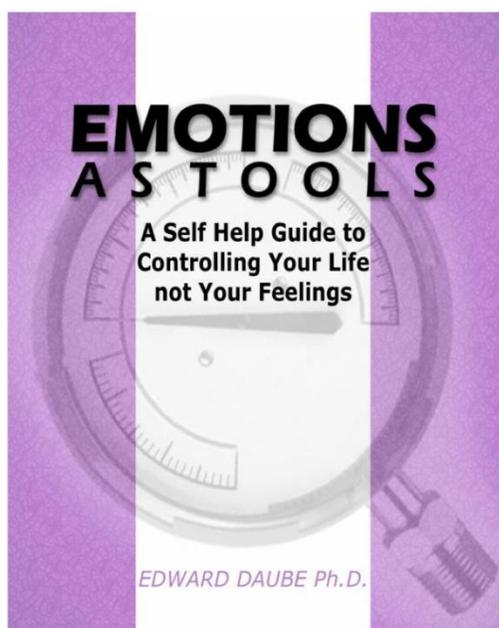
About the Book:

Beyond Anger Management: Master Your Anger as a Strategic Tool is an easy to understand guide which picks up where typical anger management books end. It explains what your anger is and why you have it. It shows you how to identify and master your anger and empowers you to apply your anger as a strategic tool. You will learn how to know when your anger isn't genuine but is covering over other feelings as well as how to deal strategically with someone else's anger directed at you.

Beyond Anger Management: Master Your Anger

as a *Strategic Tool* is for you if feel your anger controls you and you want to learn how to master and strategically apply your anger. This guide is also for you if you want to learn to effectively deal with others whose anger controls them.

Beyond Anger Management: Master Your Anger as a Strategic Tool is available on Amazon.com.



About the Book:

Control your life not your emotions.

You don't control your DVD or the gauges in your car. You learn how to use them.

You don't need to control your emotions either. You do need to learn how to use your feelings in your life.

The problem is that neither men nor women get the training they need to get the most out of their emotions.

Emotions as Tools: A Self Help Guide to Controlling Your Life not Your Feelings focuses on the emotions of anger, sadness, anxiety, fear, guilt and shame, offers

you an easy to understand guide that reacquaints you with your feelings and helps you learn what your feelings are and what they can do for you in your relationships and in your life

Emotions as Tools: A Self Help Guide to Controlling Your Life not Your Feelings is for you if you have ever wanted your feelings to just disappear, you believed your feelings controlled you, or you didn't know how to express your feelings appropriately at home, socially, or at work so you covered them over. *Emotions as Tools: A Self Help Guide to Controlling Your Life not Your Feelings* is also for you if you want to learn more to help you read people better or because you know someone who doesn't do well with their feelings.