

Optional exercises

A: Either write or make a mental note of your answers to the following:

1. Are you mainly concerned about your anger, your irritability, or both?

WHAT ARE ANGER AND IRRITABILITY?

2. Why are you concerned about it or them?
3. What do you put your anger or irritability issues down to?
4. At this early stage of reading the book, what do you think might help you with your anger or irritability?

B: Search YouTube and view these interviews where things don't go according to plan:

1. Clive Anderson interviewing the Bee Gees
2. Russell Harty interviewing Grace Jones
3. Michael Parkinson interviewing Rod Hull and Emu

Do you agree with me that the Bee Gees' anger was justified and proportionate and that Grace Jones's was not? (It doesn't matter if we don't agree – we all have our own views and it's important that we do.) What about Rod Hull using Emu to attack Michael Parkinson? I think that was aggression without anger – what do you think?