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Once you're able to recognise the signs that you're getting angry and can calm yourself down, you can start looking at ways to control your anger more generally.

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Ellis, A. (2000). How to control your anxiety before it controls you. Ellis, A., & Dryden, W. (2003). Albert Ellis Live!

Controlling anxiety so it doesn't control you -

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In boxing there is a saying that says all boxers have a plan until they get hit. I love that saying because it illustrates wonderfully my battles with anxiety symptoms.

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Genealogy for Albert Ellis How to Control Your Anger Before It Controls You, How to Control you Anxiety before it Controls you.

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How to Control Your Anger Before It Controls You, with Raymond Chip Tafrate. Citadel Press, 1998. How to Control you Anxiety before it Controls you.