



## Anger Management: The Anger Management Workbook for Men and Women (Paperback)

By Lee Davis

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Anger! A five letter word that we cannot see, but we feel it every day. Even if we don t want anything to do with it, we often find ourselves expressing it or people causing us to express rage. Why then do we need to give it attention? The reason is this anger can hurt us, hurt our loved ones, destroy our friendship and end marriages in divorce. This is not for you to fear because anger can be controlled and tamed! Now with this The Anger Management Workbook for Men and Women, you can master all of your anger emotions and be in total control of every form of rage. In this book, you will find: -Valuable information on what to do to control anger immediately -How to create effective anger management strategies -Anger management workbook for men and women -Thoughts and talks that can kill your anger right away -Most effective communication that control anger, etc Become a master of your anger with this most effective tool. Get it now. Tags: anger management the dance of anger books for...

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