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Basically, we are all dummies when it comes to anger management a field that remains a work in progress. I learn more every day about ways to harness this complicated and, at times, troublesome emotion, and being able to share this education with my readers is a pleasure. If this book changes the

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Basically, we are all dummies when it comes to anger management — a field that remains a work in progress. I learn more every day about ways to harness this complicated and, at times, troublesome emotion, and being able to share this education with my readers is a pleasure. If this book changes the

Anger Management - The Eye

If your anger, or that of a loved one, is out of control and threatening your life and livelihood, you need the calm, clear, and understanding help you'll find in

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Anger Management For Dummies. This concise and practical guidebook shares specific anger management methods, skills, and exercises that will help you identify the sources of your anger and release yourself from their grip.

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Book Overview. If your anger, or that of a loved one, is out of control and threatening your life and livelihood, you need the calm, clear, and understanding help you'll find in Anger Management For Dummies. This concise and practical guidebook shares specific anger management methods, skills, and exercises that will help you identify the sources of your anger and release yourself from their grip.

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If your anger, or that of a loved one, is out of control and threatening your life and livelihood, you need the calm, clear, and understanding help you'll find in Anger Management For Dummies.

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