



The Everything Guide to Anger Management: Proven Techniques to Understand and Control Anger

Robert Puff, James Seghers

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Practical tools for breaking free of the cycle of anger!

Everyone gets angry once in a while, but sometimes, feelings of rage and resentment can reach unhealthy limits. If you're trying to get a handle on your anger, *The Everything Guide to Anger Management* can help. With practical advice for calming and controlling anger, along with a proven step-by-step plan for lasting change, this guide teaches you how to:

- Recognize emotional triggers.
- Improve self-control.
- Accept responsibility for your actions.
- Express yourself in a healthy way.
- Implement relaxation techniques.

With techniques from psychologists Puff and Seghers, you'll be able to step back; put negative emotions in the proper perspective; and begin living a happier, more fulfilling life.

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Lowell Oliver:

Playing with family in a very park, coming to see the coastal world or hanging out with buddies is thing that usually you could have done when you have spare time, after that why you don't try issue that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love *The Everything Guide to Anger Management: Proven Techniques to Understand and Control Anger*, you could enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can happen its mind hangout people. What? Still don't get it, oh come on its called reading friends.

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