

# **ANGER MANAGEMENT**

7 Steps to Freedom from  
Anger, Stress and Anxiety



Ryan James

# **ANGER MANAGEMENT TECHNIQUES**



Brenda Van Niekerk

# ANGER MANAGEMENT TECHNIQUES

HOW TO CONTROL OUTBURSTS, FRUSTRATION  
AND DEPRESSION USING EMOTIONAL INTELLIGENCE



BOB SCOTT

# Anger Management for Everyone

SECOND EDITION

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10 Proven Strategies  
to Help You Control Anger  
and Live a Happier Life

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RAYMOND CHIP TAFRATE, PHD  
HOWARD KASSINOVE, PHD, ABPP

Foreword by MATTHEW MCKAY, PHD

*Quick  
and Simple  
CBT Strategies  
to Defuse Anger  
on the Spot*

# *INSTANT ANGER MANAGEMENT*

AARON KARMIN, LCPC

# How to Stop Being Angry

## 33

### Anger Management Tips to Control Anger FAST



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# ANGER MANAGEMENT

How to Control Anger Instantly!



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# ANGER

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POWERFUL  
EMOTION

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AUTHOR OF THE 5 LOVE LANGUAGES®

Gary Chapman

# THE ANGER CONTROL WORKBOOK

Simple, innovative techniques for managing anger  
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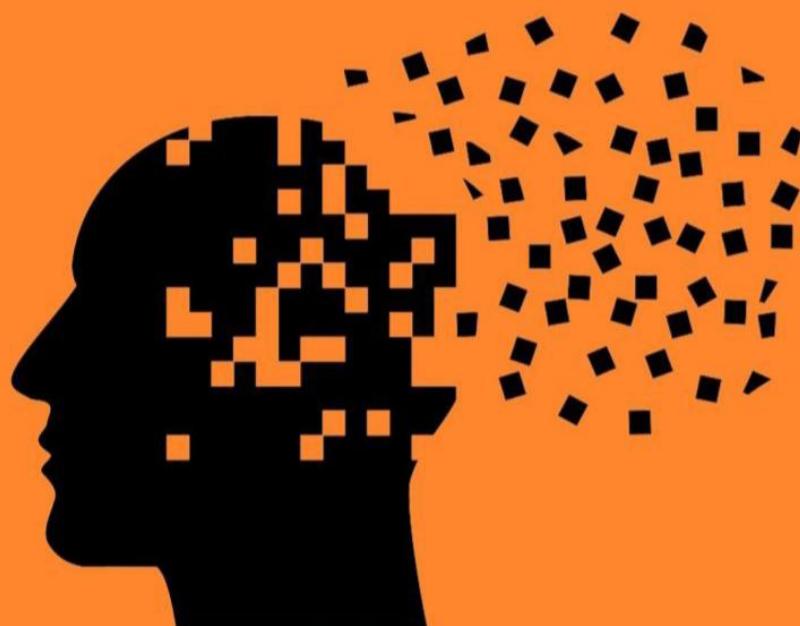
from the best-selling authors of *When Anger Hurts*

**Matthew McKay, Ph.D.  
& Peter Rogers, Ph.D.**

# **ANXIETY**

**SELF HELP GUIDE FOR OVERCOME ANGER,  
NEGATIVE THOUGHTS AND CONTROL  
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**Rafael Johnston**

THE

**EVERYTHING**

GUIDE TO

**Anger**

**Management**

Proven techniques  
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and control anger

- Identify emotional triggers
- Improve self-control
- Manage conflict effectively
- Express yourself without losing your cool

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ROBERT PUFF, PHD AND JAMES SEGHERS, PHD  
FEATURED BY MSNBC, WEBMD.COM, AND PSYCHOLOGY TODAY



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6 Critical Steps to a *Calmer* Life

IDENTIFY WHAT'S SETTING YOU OFF AND WHY

FIND THE CALM WHILE NAVIGATING THE (INEVITABLE) STORM

RELINQUISH TOXIC ANGER IN YOUR LIFE—FOR GOOD!

PETER FAVARO, PH.D.

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# **ANGER MANAGEMENT**

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• THE ANGER MANAGEMENT WORKBOOK •  
FOR MEN AND WOMEN  
SIMPLE STRATEGIES ON HOW TO CONTROL  
ANGER

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**L E E   D A V I S**



by Noah Daniels

# THE SECRETS OF ANGER MANAGEMENT

LEARN HOW TO CONTROL YOUR RAGE  
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7 Steps to Freedom from  
Anger, Stress and Anxiety



Ryan James

COGNITIVE BEHAVIORAL THERAPY

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1

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3

# RAGE

A

Step-by-Step

Guide to

Overcoming

Explosive

Anger

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RONALD T. POTTER-EFRON,  
MSW, PH.D.,  
author of *Angry All the Time*

UGO UCHE MS., LPC

# ANGER MANAGEMENT



A BOOK FOR ANGER MANAGEMENT

# **ANGER MANAGEMENT**

7 Steps to Freedom from  
Anger, Stress and Anxiety



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# Managing Anger



Simple Steps to Handling Hurt  
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**16 Strategies For Mastering  
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Taking Control Over Your Anger**



**DAVID CRAFT**

**ERIC HOLT**

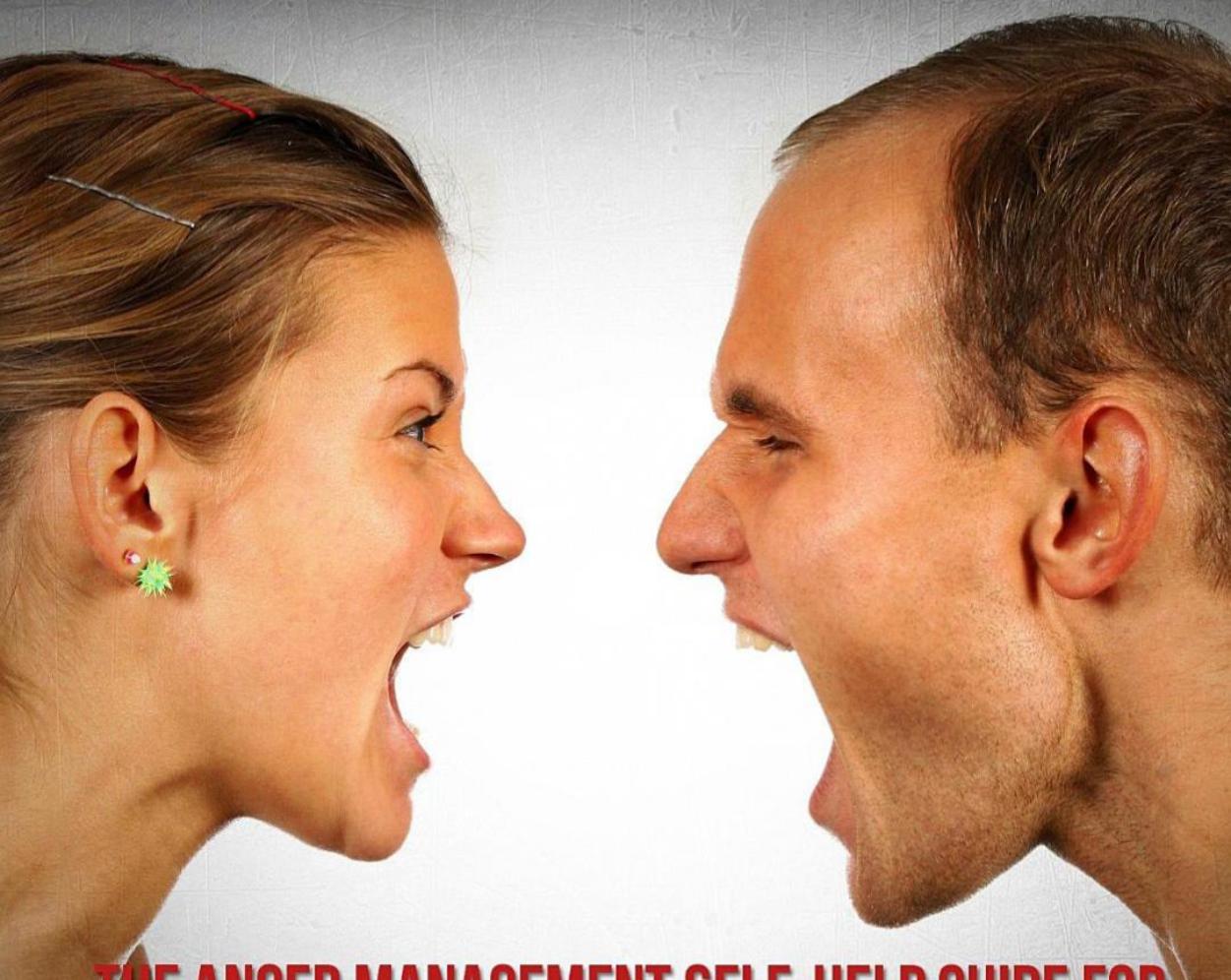


# **ANGER MANAGEMENT**

**Take Control of Your Emotions - The Ultimate Guide for Men & Women  
to Achieve Freedom from Anger, Stress, and Anxiety to Build Happier  
Relationships and Obtain a Better Life.**

# **ANGER MANAGEMENT**

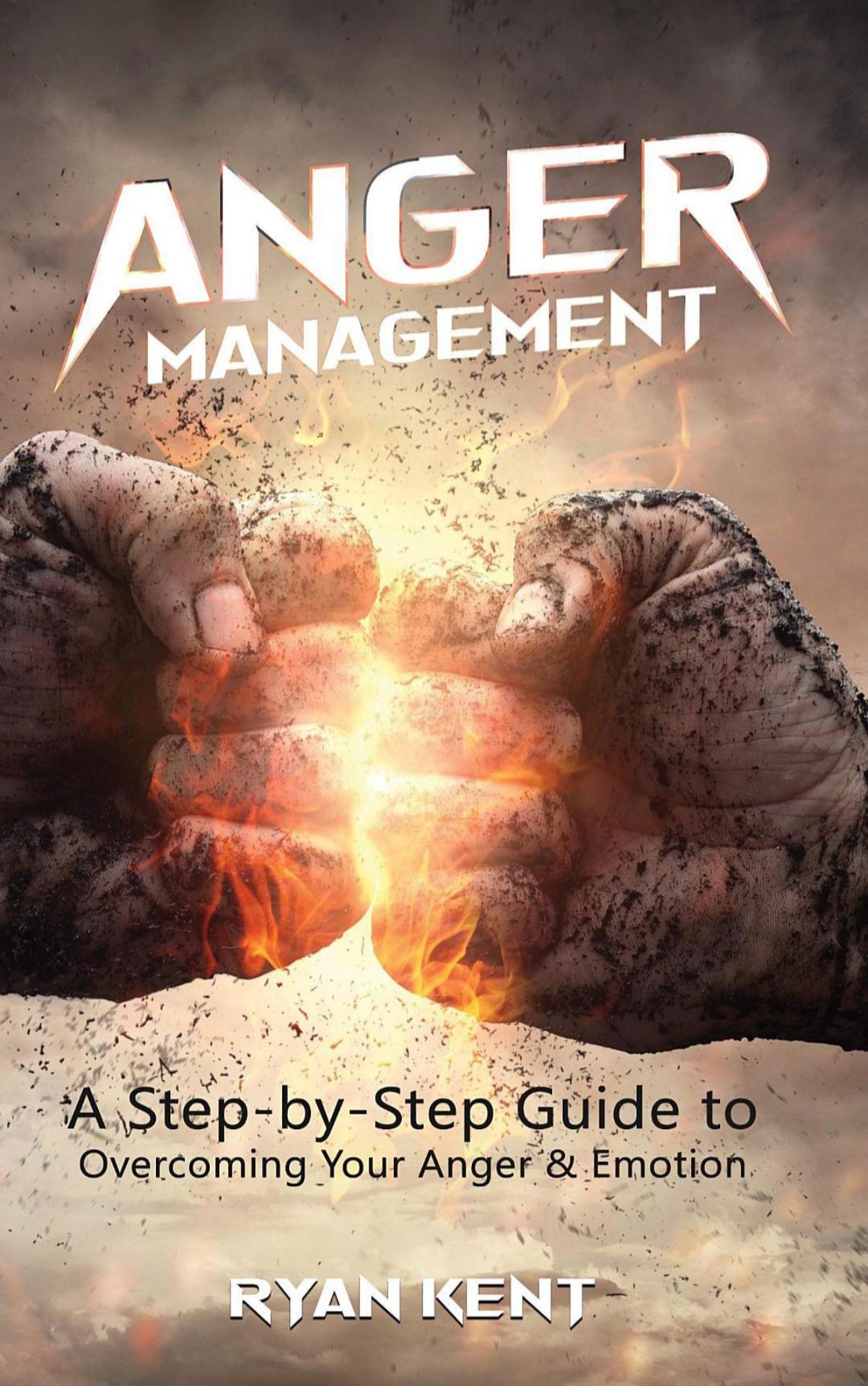
**IN RELATIONSHIPS FOR MEN AND WOMEN**



**THE ANGER MANAGEMENT SELF-HELP GUIDE FOR  
SELF CONTROL AND AVOIDING THE ANGER TRAP**

**PATTY MORGAN**

# **ANGER MANAGEMENT**



**A Step-by-Step Guide to  
Overcoming Your Anger & Emotion**

**RYAN KENT**



# Anger Management

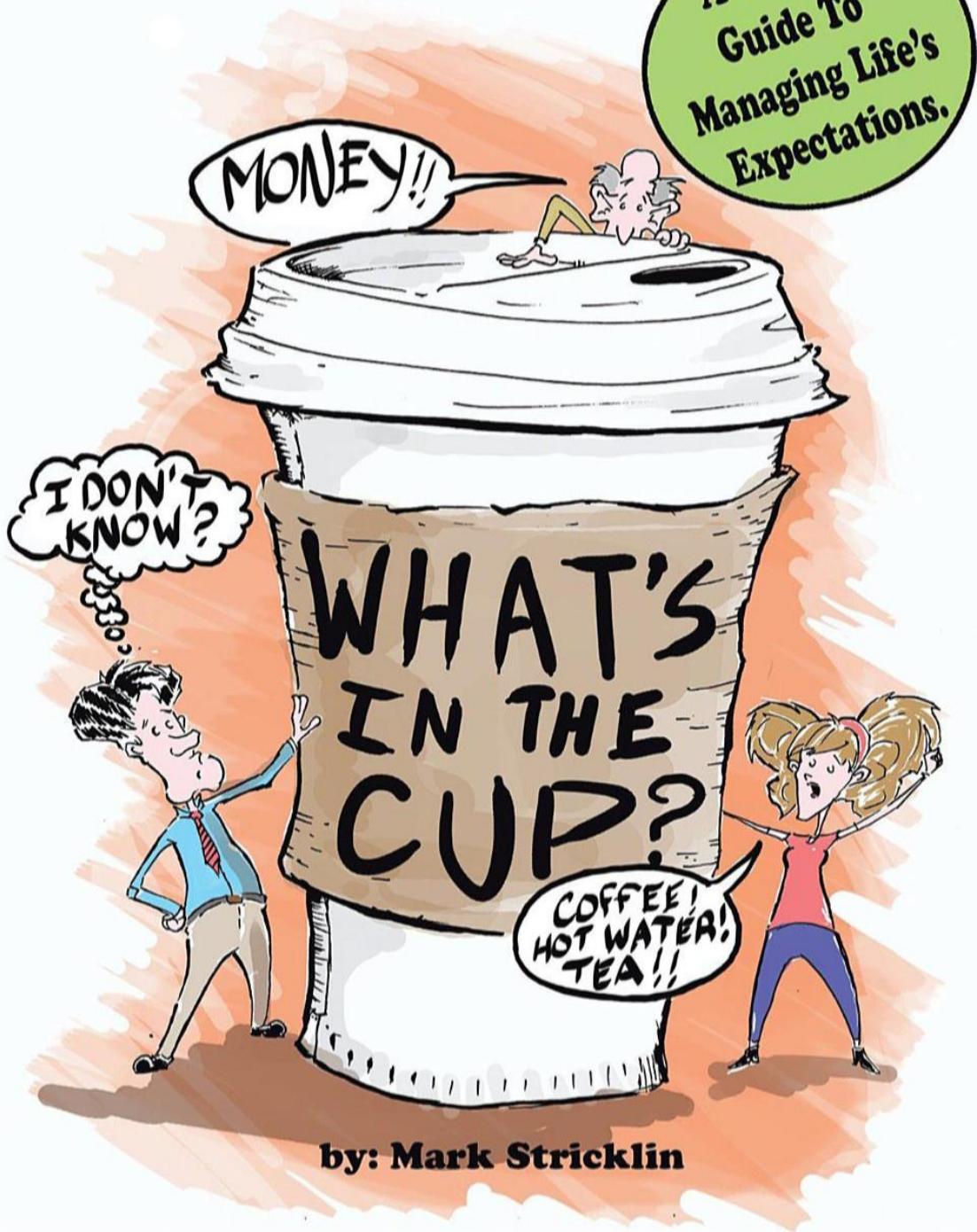
a practical guide



Leon Pereira PhD

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A Professional Guide for **Group Therapy and Self-Help**



# ANGER MANAGEMENT

## A GUIDE TO CONTROL YOUR TEMPER



THOMAS LERNER

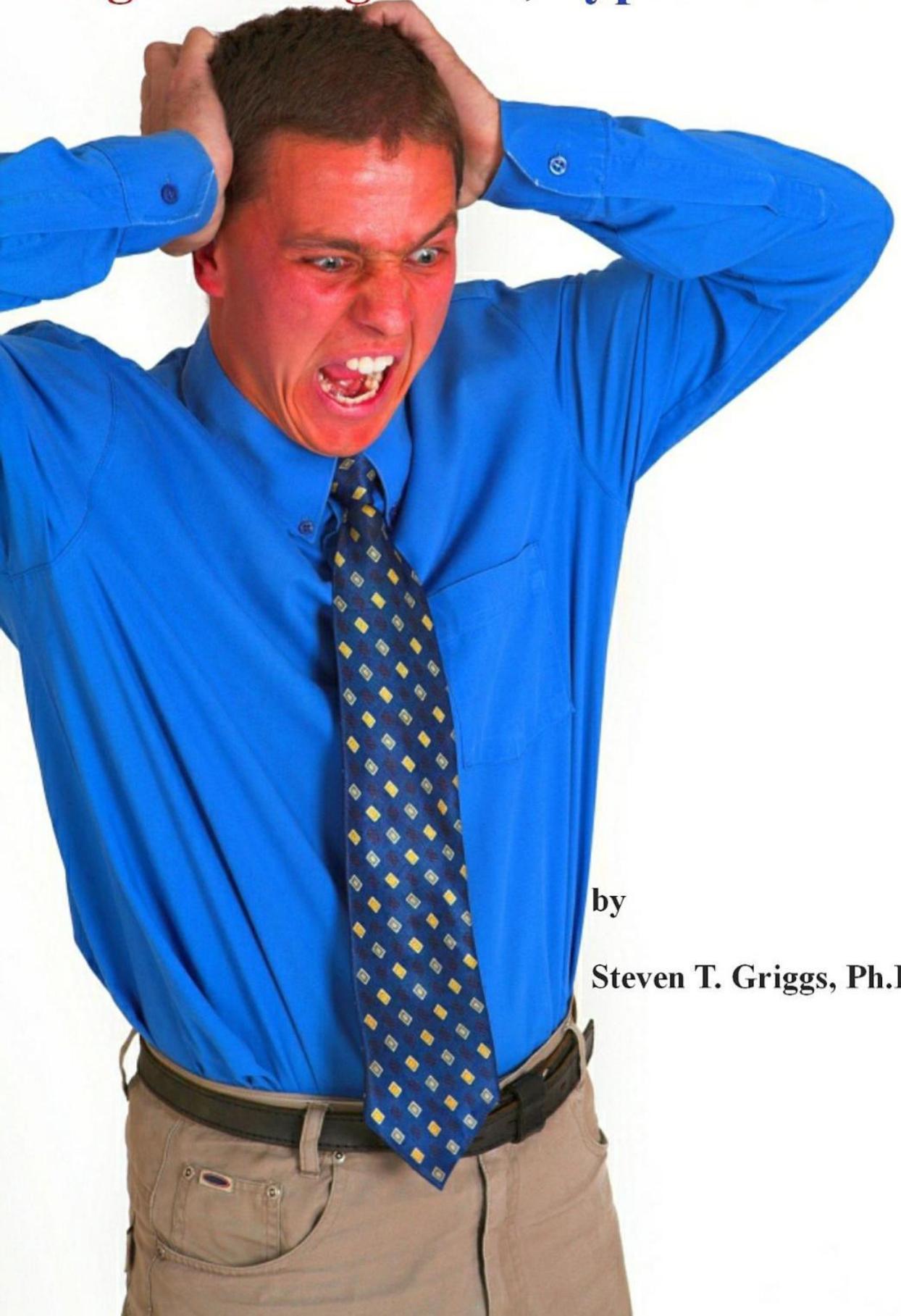
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Effective Strategies on  
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*Dr. Anna Taylor*



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by

**Steven T. Griggs, Ph.D.**

SECOND EDITION

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Ronald T. Potter-Efron



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HALLE HAYWARD

# **Whole-School Strategies for Anger Management**

**Practical materials for  
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**Michael Hymans**



# **ANGER MANAGEMENT**

**Anger  
Issue  
Solving  
Plan**

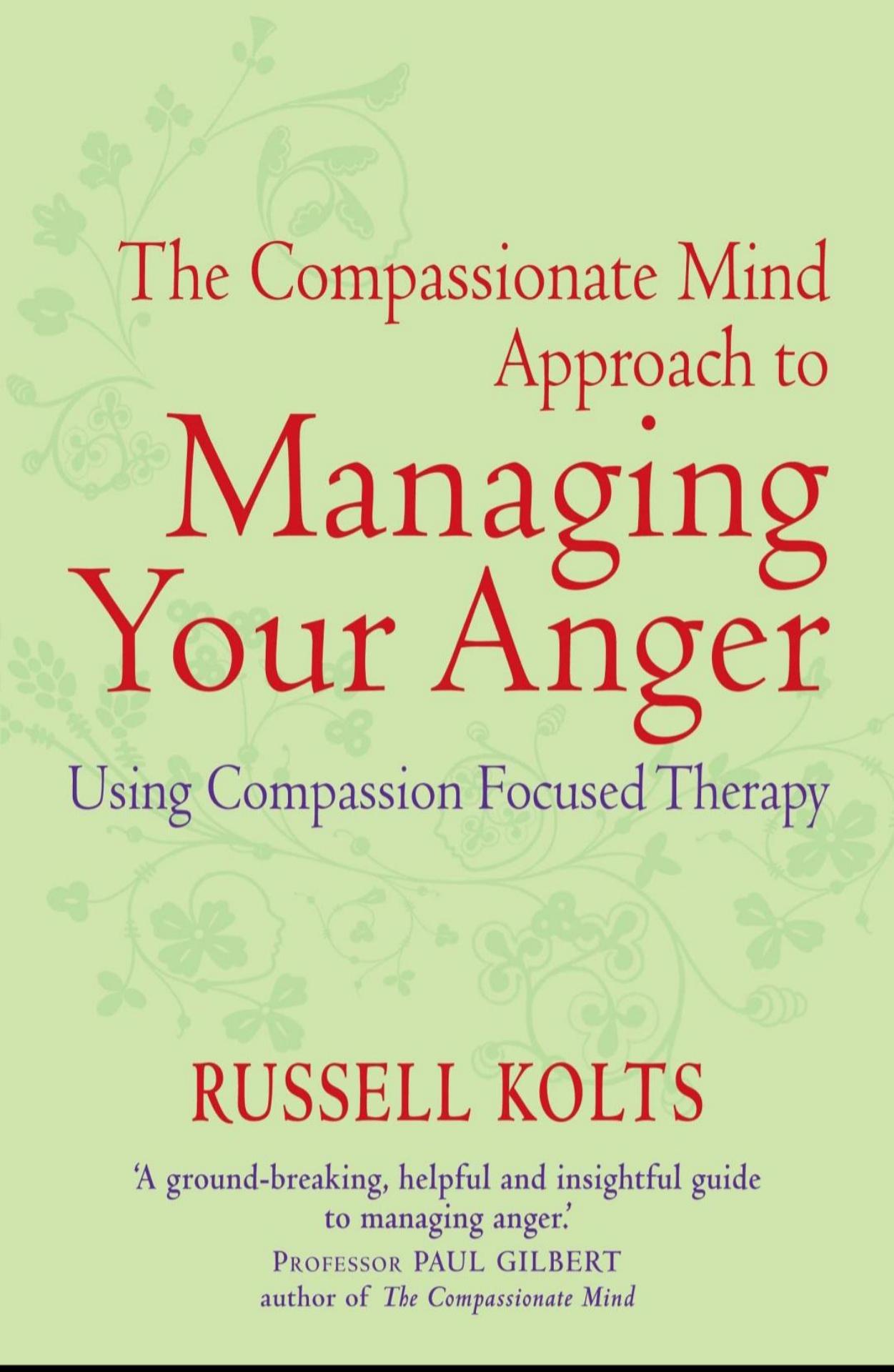
**AMANDA FIREBALL**

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**UNDERSTANDING. HEALING. FREEDOM.**

**JOHN CRAWFORD**



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Using Compassion Focused Therapy

**RUSSELL KOLTS**

'A ground-breaking, helpful and insightful guide  
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author of *The Compassionate Mind*

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Fiona Burton & Melanie Wells



A Speechmark Book

# **HOW TO DEAL WITH ANGER ISSUES IN A RELATIONSHIP**



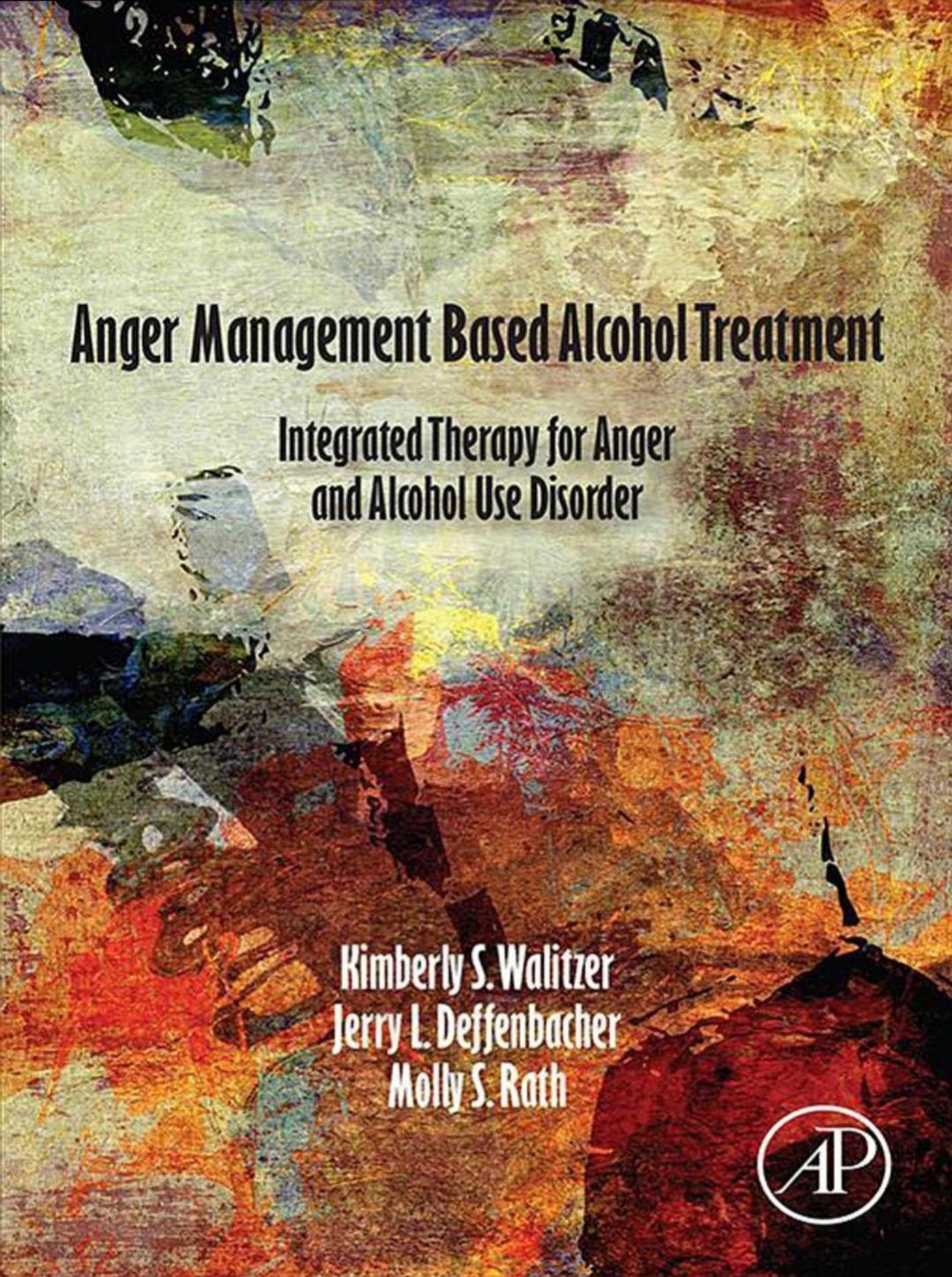
**CONTROL ANGRY PARTNER,  
IMPROVE COMMUNICATION,  
AND BOOST INTIMACY**

**JOSHUA STRACHAN**

# **Anger Management**



***by Owen Jones***



# **Anger Management Based Alcohol Treatment**

## **Integrated Therapy for Anger and Alcohol Use Disorder**

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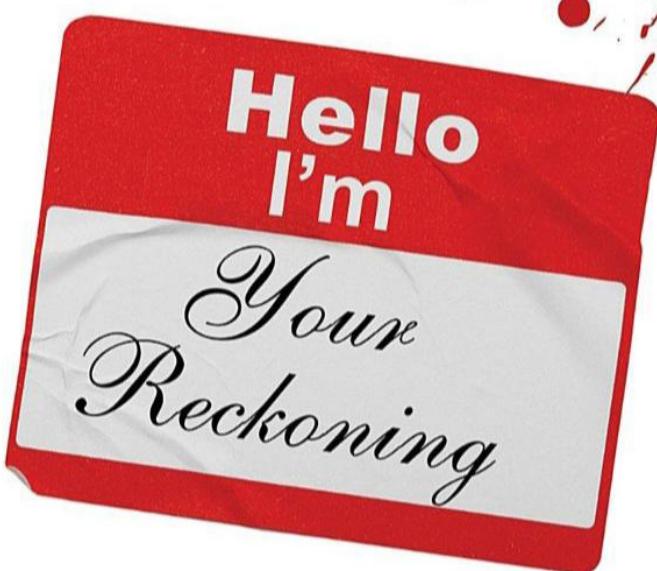
KAT SIMONS



Demons and Vampires  
just piss her off...

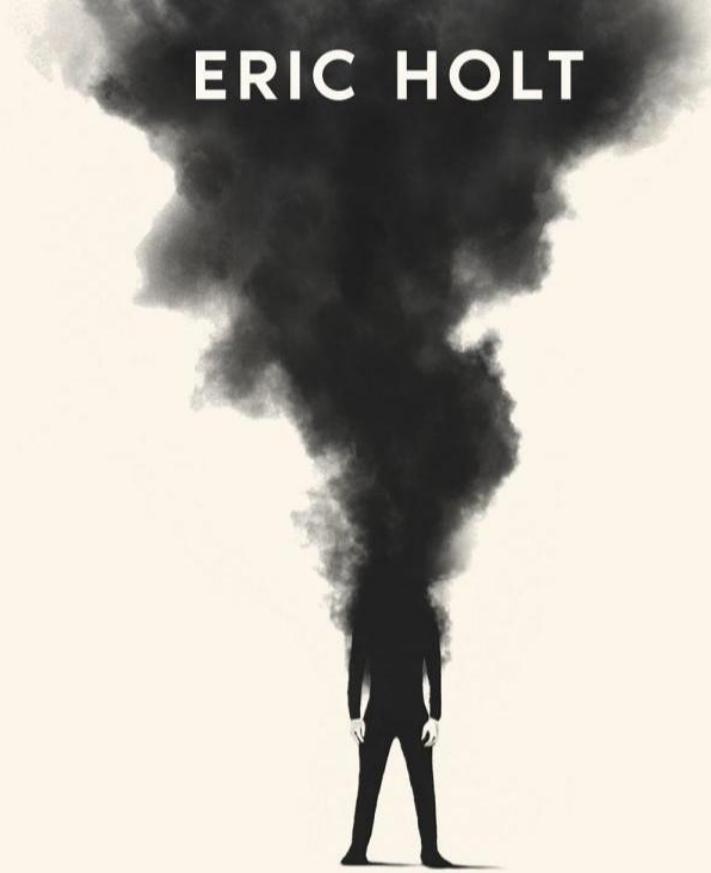
# ANGER MANAGEMENT

First Published in  
Haunts and Howls Where Demons Dwell



# ANGER MANAGEMENT

CLARK MATTHEWS



**ERIC HOLT**

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Customizable Interventions,  
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RAYMOND CHIP TAFRATE, PhD

**HOWARD HUDSON**

# **ANGER MANAGEMENT FOR MEN**

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**HOW TO TAKE CONTROL OF  
YOUR EMOTIONS, IDENTIFY  
YOUR TRIGGERS, AND OVERCOME  
EXPLOSIVE ANGER**

# MANAGE YOUR ANGER

The nature of anger (page 00) Consequences of anger (page 00) Signs that you have a problem with anger (page 00) How to express anger appropriately (page 00) Cognitive and behavioural approaches to anger management (page 00) More advanced techniques of management (page 00) Turning the heat: resolution (page 00) Anger management in the workplace (page 00) When are kids angry (page 00) Road rage, phone rage, plane rage... (page 00) Etiquette – written and spoken (page 00)



BUILD BETTER  
RELATIONSHIPS  
BY MANAGING YOUR ANGER

DR SANDI MANN  
Psychologist and coach