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The 16 Best Anger Management Books to Read in 2019

Discover in this article, 16 of the best books on anger management so that you can, either help a friend, either help yourself to enter the calm zone and feel happier. Many people come to me to help them with all sorts of issues, but I had only one client with anger and rage issues.

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Introduce Anger & Anger Management with these great picture books: Reading simple picture books is a great way to introduce anger management to young children. Academic benefits aside, children are able to process difficult subjects more easily when they are not the center of the difficulty and reading about a fictional character allows them to

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Anger Management Books by William DeFoore Ph D

Of all the anger management books out there, this is the only one to look closely at the journey from warrior spirit to spiritual warrior, and how to make healthy anger a totally positive aspect of your life and existence.

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Anger management 10 tips to tame your temper Mayo Clinic

Anger management: 10 tips to tame your temper Keeping your temper in check can be challenging. Use simple anger management tips from taking a timeout to using "I" statements to stay in control.

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AJ Novick Group's Anger Management and Parenting Books

Anger Management for the 21st Century- Available in English or Spanish! by Tony Fiore, Ph.D and Ari Novick, Ph.D. We are proud to offer this fine book, entitled Anger Management for the 21st Century by Tony Fiore, Ph.D. and Ari Novick, Ph.D.. This is an excellent resource for learning how to manage and control issues relating to the emotion of anger.

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Controlling Anger Before It Controls You

Anger is a normal, healthy response to a threat and may be used for a constructive purpose. When anger becomes uncontrollable or is unexpressed, it may lead to destructive thoughts or actions. Tips for anger management.

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