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Anger management 10 tips to tame your temper Mayo Clinic

Anger is a normal and even healthy emotion but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships. Ready to get your anger under control? Start by considering these 10 anger management tips.

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The anger management book is written to help laymen to understand these everyday conflicting situations leading to anger and related problems, and how to manage these effectively. Psychologists, psychiatrists, and other health specialists are working on many psychological problems like stress, depression, aggression, and other conduct problems.

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