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Angry All the Time: An Emergency Guide to Anger Control [Ronald T. Potter-Efron] on Amazon.com. *FREE* shipping on qualifying offers. If you've picked up this book, chances are you're someone with a serious anger problem.

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Angry All the Time An Emergency Guide to Anger Control

He is the author of Angry All the Time and Stop the Anger Now and coauthor of The Secret Message of Shame and Anger, Alcoholism, and Addiction. Editorial Reviews This book can change the life of the angry person and the lives of those around him.

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This book contains a powerful and straightforward system for taking control of your anger and your life. This program is not easy, and it might even be painful at times but it works. The book will teach you how your anger escalates and what you can do to change your angry thoughts and behaviors. Then it's your turn.

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Book Review Angry All the Time An Emergency Guide to

The book Angry All the Time: An Emergency Guide to Anger Control is a best-selling classic that has helped tens of thousands of people overcome their problems with anger. The author of the book, Ron Potter-Efron, Ph.D., is a clinical psychotherapist in private practice with a special focus on anger management.

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Angry All The Time An Emergency Guide book by Ronald T

This book, Angry All The Time, could be read by a lot of people. You might feel that you are habitually sneaky with your anger or feel unduly paranoid about the world. You might feel that you frequently get angry for no apparent reason or get angry a lot because you feel ashamed.

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