



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

By Robert Puff, James Segher

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Everything Guide to Anger Management: Proven Techniques to Understand and Control Anger, Robert Puff, James Segher, 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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