



# Anger Management: The Essential Guide

By Wendy Sloane

Need2Know. Paperback. Book Condition: new. BRAND NEW, Anger Management: The Essential Guide, Wendy Sloane, It is estimated that one in five of us has a problem controlling our anger on a regular basis but recognising an anger management problem in either ourselves or a loved one can be difficult. With the right information and support you can get help. This practical and informative guide will show you how to recognise your anger triggers, how to look for patterns in your behaviour and how to use tried and tested methods for managing your anger. Strategies for de-stressing are included, together with tips on how to communicate effectively and develop a positive outlook. Advice for parents dealing with angry children and adolescents is also provided. If you, your partner or a friend finds it difficult managing anger, you can find all the information and support you need in this easy-toread guide. Take the first step today. Learn how to control your anger before it controls you.



#### Reviews

The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.

#### -- Dr. Reta Murphy

It becomes an amazing pdf which i actually have at any time read through. This can be for all those who statte there had not been a worthy of reading through. You wont sense monotony at anytime of your own time (that's what catalogues are for relating to should you check with me).

-- Claud Kris

### You May Also Like



#### Edible Bible Crafts: 64 Delicious Story-Based Craft Ideas for Children

BRF (The Bible Reading Fellowship). Paperback. Book Condition: new. BRAND NEW, Edible Bible Crafts: 64 Delicious Story-Based Craft Ideas for Children, Sally Welch, If you're looking for child-friendly Bible-themed cooking activities, this is the book for you! Sally Welch brings the Bible...



#### A Parent s Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...



### Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGS for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and professional mariners. This is the ideal book...



## Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



#### The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English. Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...