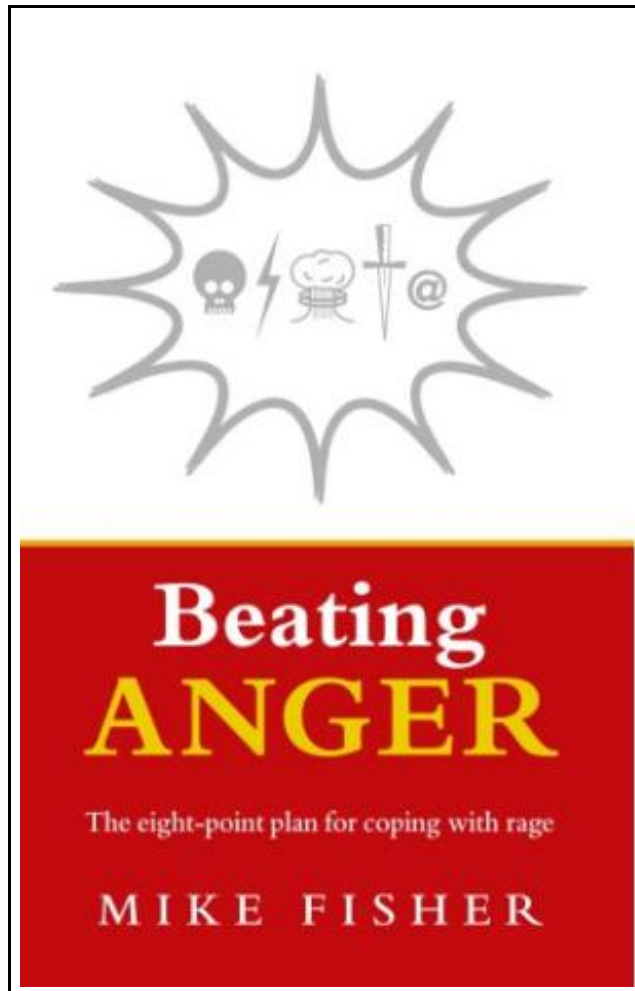


## Beating Anger: The Eight-point Plan for Coping with Rage



Filesize: 6.8 MB

### ***Reviews***

*Very beneficial to any or all group of folks. I was able to comprehend everything using this composed e ebook. I am pleased to inform you that here is the finest publication i have study inside my individual daily life and might be he very best pdf for actually.*  
*(Brielle Hilpert)*

## BEATING ANGER: THE EIGHT-POINT PLAN FOR COPING WITH RAGE



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Beating Anger: The Eight-point Plan for Coping with Rage, Mike Fisher, We all feel angry at times. It can be an uncomfortable emotion, yet it is almost a taboo subject. We get very little guidance in our culture on how to deal with it, and the guilt or violence that may accompany it. Here is the perfect book to help anyone from 16-75 years old to beat their anger - or help anyone else to do the same. Aimed at parents, families, young adults and teachers, social and youth workers, health care professionals, managers, customer service departments, psychotherapists and counsellors - there cannot be many men or women who have not felt uncomfortable when they are angry, and wondered what to do about it. The British Association of Anger Management (BAAM) is considered the leading specialist organization in the field. Founded by Mike Fisher in 2001, its mailing list reaches approximately 10,000 people a month and it receives enquiries from all over the world, and from all walks of life. Beating Anger is endorsed by BAAM, and used on all its anger management courses. It explains what anger is, what triggers it, the various different types of anger - and its substitutes - how to heal emotional aggression, and the 8 Golden Rules of Anger Management.



**Read Beating Anger: The Eight-point Plan for Coping with Rage Online**

**Download PDF Beating Anger: The Eight-point Plan for Coping with Rage**

## You May Also Like



### **Short Stories Collection I: Just for Kids Ages 4 to 8 Years Old**

2013. PAP. Book Condition: New. New Book. Delivered from our UK warehouse in 3 to 5 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.

[Read ePub »](#)



### **Short Stories Collection II: Just for Kids Ages 4 to 8 Years Old**

2013. PAP. Book Condition: New. New Book. Delivered from our UK warehouse in 3 to 5 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.

[Read ePub »](#)



### **Short Stories Collection III: Just for Kids Ages 4 to 8 Years Old**

2013. PAP. Book Condition: New. New Book. Delivered from our UK warehouse in 3 to 5 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.

[Read ePub »](#)



### **TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2) (Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read ePub »](#)



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read ePub »](#)

**Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to

[Read Book »](#)

**The Monster Next Door - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Monster Next Door - Read it Yourself with Ladybird: Level 2, The Monster Next Door, George wants to be a monster, just like his neighbour

[Read Book »](#)

**Found around the world : pay attention to safety(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2013-04-01 Pages: 24 Publisher: Popular Science Press How to ensure online

[Read Book »](#)

**Pickles To Pittsburgh: Cloudy with a Chance of Meatballs 2**

Atheneum Books for Young Readers, 2000. Paperback. Book Condition: New. No Jacket. New paperback print book copy of Pickles to Pittsburgh: Cloudy with a Chance of Meatballs 2 written by Judi Barrett. Drawn by Ron

[Read Book »](#)

**The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program**

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators

[Read Book »](#)