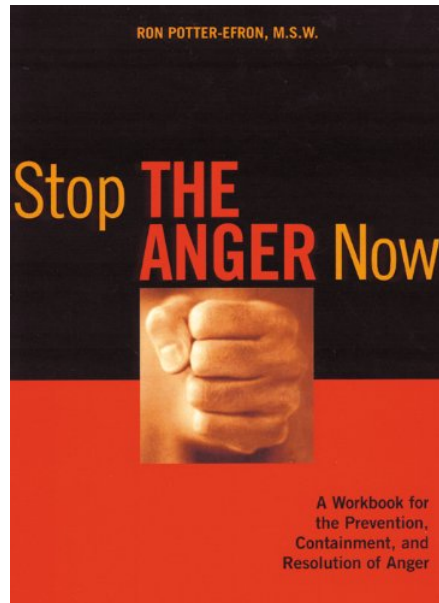


[Download] Stop the Anger Now: A Workbook for the Prevention, Containment, and Resolution of Anger



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Do you have a hard time controlling your anger? Do certain situations or people make you so mad that you go into a rage every time you encounter them? Well managing your anger is not only possible; it also doesn't have to be hard. Let anger expert Ron Potter-Efron show you how in three straight-forward steps you can prevent, contain, and resolve every angry outburst. Stop hurting yourself, your loved ones, and your job when you: Learn what makes you angry Get hold of the anger when it flares up Take care of the frustration in your life that keeps your anger level high

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