

***The Anger Trap Free Yourself From Frustrations That Sabotage
Your Life Frank Minirth***

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The Anger Trap Free Yourself

Free Yourself from THE ANGER TRAP. Dr. Les Carter—nationally recognized expert on the topics of conflict resolution, emotions, and spirituality, and coauthor of the bestselling The Anger Workbook—has written this practical book that shows how to overcome unhealthy anger and improve relationships.

The Anger Trap: Free Yourself from the Frustrations that ...

The Anger Trap: Free Yourself from the Frustrations That Sabotage Your Life. It's easy to identify rage in people who lose their temper at traffic jams, unruly children, unresponsive coworkers, and unrealistic bosses. But we may not recognize more subtle manifestations of anger, such as being uncomfortable with loose ends, acting impatiently,...

The Anger Trap: Free Yourself from the Frustrations That ...

The Anger Trap is a landmark book that strips away the myths and misconceptions about anger and reveals how you can learn to distinguish between healthy and unhealthy anger so that you may choose—or help someone else to choose—a better, more spiritually enlightened path.

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The Anger Trap: Free Yourself from the Frustrations That Sabotage Your Life by Dr. Les Carter, Ph.D., Dr. Frank Minirth, MD (Foreword by) starting at \$1.99. The Anger Trap: Free Yourself from the Frustrations That Sabotage Your Life has 4 available editions to buy at Alibris

The Anger Trap: Free Yourself from the Frustrations That ...

Traffic jams, unruly children, nagging parents, unrealistic bosses - all are potential triggers for anger. This title strips away the myths and misconceptions about anger to teach how to distinguish between healthy and unhealthy anger so that we may choose or help others choose a better way.

The anger trap : free yourself from the frustrations that ...

Anger Trap : Free Yourself From The Frustrations That Sabotage Your Life, Paperback by Carter, Les, ISBN 0787968803, ISBN-13 9780787968809 Challenges misconceptions about anger, discussing the sources of anger from a spiritual perspective while explaining how readers can distinguish between healthy and unhealthy anger in order to break destructive cycles of criticism, frustration, and irritation.

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The anger trap : free yourself from the frustrations that ...

Dr. Les Carter is associated with the Minirth Clinic Psychiatric and Counseling Center in Richardson, Texas. He is specially trained in the treatment of emotional adjustments and relationship problems. He is the author or coauthor of several books, including the bestselling The Anger Workbook ...

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