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ANGER MANAGEMENT BEST PRACTICE HANDBOOK: CONTROLLING ANGER BEFORE IT CONTROLS YOU, ANGER MANAGEMENT PROVEN TECHNIQUES AND EXCERCISES



EMEREO PTY LTD, United States, 2008. Paperback. Book Condition: New. 242 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.This book covers all the Methods of Anger Management for a balanced approach to managing anger, which both controls the emotion and allows the emotion to express itself in a healthy way. Some descriptions of actions of anger management you ll learn to manage and control anger through activities within this book are: * Direct, such...

**Read PDF Anger Management Best Practice Handbook:
Controlling Anger Before It Controls You, Anger
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- Authored by Jessalyn Woodruff
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