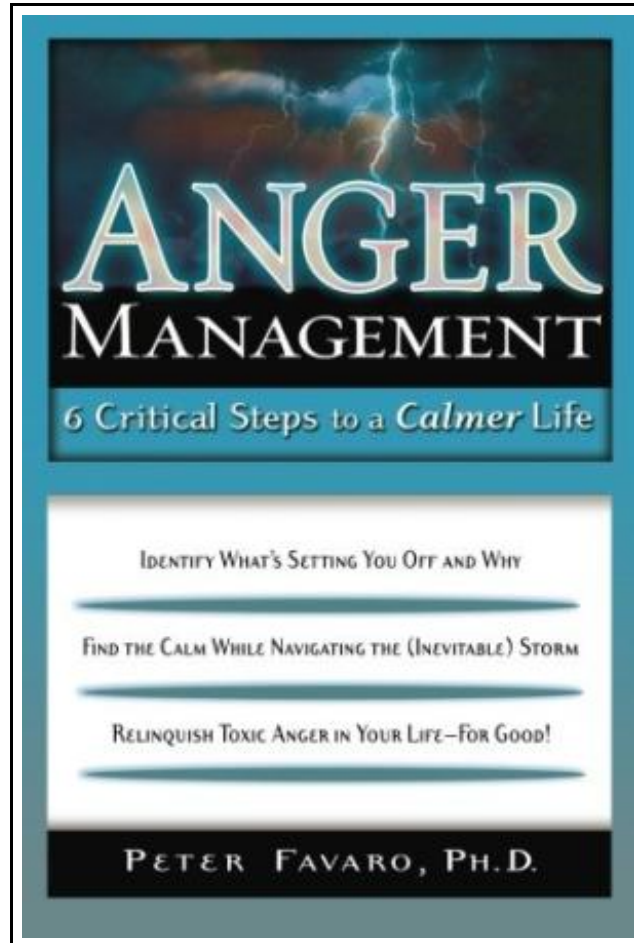


Anger Management: 6 Critical Steps to a Calmer Life



Filesize: 6.35 MB

Reviews

Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).

(Mr. Johnathon Dach)

ANGER MANAGEMENT: 6 CRITICAL STEPS TO A CALMER LIFE



New Page Books. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. From the introduction by the author: I am convinced that anger is an epidemic problem both in the larger world and in our homes and work places. I've written Anger Management not as a technical work describing the social science of anger, but as a practical work intended to help people understand their own anger and the anger of others. By reading this book, you will learn that managing your anger is a series of skills that (you) can learn over time. With this program, (you will) learn to raise the temperature we often refer to as the boiling point—that moment at which reason is consumed by rage. Anger may well be the number one problem in modern society. If left unresolved, it distorts people's perception of reality, negates happiness and serenity, can cause depression and addictive behaviors, reduces resistance to illnesses, and cause a wide variety of self-destructive behavior. In the extreme, it explodes in physical or emotional violence, which ultimately breeds more anger and more violence. Anger Management is a practical and down-to-earth program that will teach you not only to understand your own anger, but, perhaps just as importantly, how to deal with the angry behavior of others. It details the role anger and conflict play in day-to-day interactions at home, at work and in social environments. Real-life examples discuss anger that erupts in intimate relationships, on the road, on the job with co-workers, or when dealing with people who are rude, irritating or intimidating. Anger Management also provides two unique sections. The first describes the psychology and behavior of predatory people; the other teaches you how to deal with situations where remaining cool under pressure can be a vital survival tactic. Anger...



[Read Anger Management: 6 Critical Steps to a Calmer Life Online](#)



[Download PDF Anger Management: 6 Critical Steps to a Calmer Life](#)

Relevant eBooks



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

[Read PDF »](#)



DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind!...

[Read PDF »](#)



Lans Plant Readers Clubhouse Level 1

Barron's Educational Series. Paperback. Book Condition: New. Paperback. 24 pages. Dimensions: 8.9in. x 5.7in. x 0.3in.This is volume six, Reading Level 1, in a comprehensive program (Levels 1 and 2)for beginning readers. Two nine-book sets...

[Read PDF »](#)



DK Readers Duckling Days

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.9in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. Six ducklings follow mother duck everywhere. One...

[Read PDF »](#)



NirV Outreach Bible

Biblica. Paperback. Book Condition: New. Paperback. 1344 pages. Dimensions: 8.4in. x 5.6in. x 2.5in.This low-cost New International Readers Version Bible (NirV) is affordably priced for giving away, and is a very effective translation for children,...

[Read PDF »](#)

**Multiple Streams of Internet Income**

Wiley. Hardcover. Book Condition: New. Hardcover. 279 pages. Dimensions: 9.3in. x 6.2in. x 1.2in.Praise for MULTIPLE STREAMS OF INTERNET INCOMEIf ever the world needed some help to succeed on the Internet, this is the moment.

[Read Document »](#)

**Good Night, Zombie Scary Tales**

Feiwei & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in.Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be

[Read Document »](#)

**Estrellas Peregrinas Cuentos de Magia y Poder Spanish Edition**

Pinata Books. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.3in. x 5.4in. x 0.6in.First ever Spanish-language edition of the critically acclaimed collection of short stories for young adults by a master of Latino literature

[Read Document »](#)

**The Poems and Prose of Ernest Dowson**

Book Jungle. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.2in. x 7.5in. x 0.5in.The Poems and Prose of Ernest Dowson The Project Gutenberg EBook of The Poems And Prose Of Ernest Dowson by Ernest

[Read Document »](#)

**Shepherds Hey, Bfms 16: Study Score**

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 22 pages. Dimensions: 9.4in. x 7.1in. x 0.0in.Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English

[Read Document »](#)