Anger Management

Elliott Smith

- Defuse your anger before it strikes
- Express your feelings calmly
- . Identify anger triggers • Release healthy anger effectively

Charles H. Elliott, PhD Laura L. Smith, PhD Clinical psychologists and authors of Overcoming Anxiety For Dummies



Anger Management For Dummies Anger Management For Dummies

Charles H. Elliott, Laura L. Smith, W. Doyle Gentry

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