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Anger Management FOR DUMMIES[®]

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Learn to:

- 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*



2nd Edition

Anger Management

FOR
DUMMIES[®]

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Smith

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