

2nd Edition

Making Everything Easier!

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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[®]

Elliott
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Anger Management For Dummies

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with external skeletons segmented bodies and appendages

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web includes oysters clams scallops and mussels these organisms have two shells held together by hinges and strong muscles

most are filter feeders that use cilia to collect food cephalopods mollusks with feet adapted to form tentacles around its

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