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Making Everything Easier!

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A Wiley Brand

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
Smith

Anger Management For Dummies

Laura L. Smith



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not properly stacked unsecured and leaning off the edges of racks

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