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Anger Management

Anger Management

FOR
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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*

FOR
DUMMIES

Elliott
Smith



Anger Management For Dummies

W. Doyle Gentry



Anger Management For Dummies:

Decoding **Anger Management For Dummies**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Anger Management For Dummies**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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