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Making Everything Easier!

Anger Management FOR DUMMIES[®]

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 Anger Management For Dummies

Summary Zoom



Anger Management For Dummies Anger Management For Dummies:

Anger Management For Dummies Anger Management For Dummies Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Anger Management For Dummies Anger Management For Dummies**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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