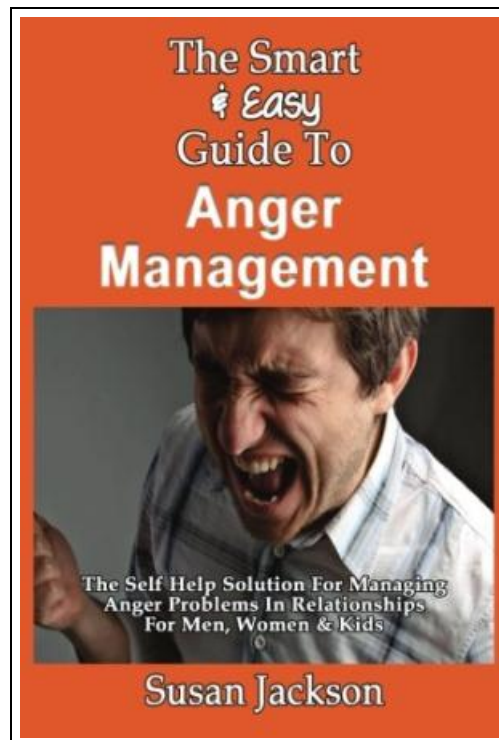


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Don't lose your cool. Anger, hatred, loathing and all the negative effects of living out there in the world confront and confound all of us. They can make our lives miserable, or worse. Anger will lead even the coolest among us to making really bad decisions, into dangerous situations and even to consequences that can take years to get back under control. But the science of anger management is advanced, it's real and it's available now. This book is designed to provide: Comprehensive understanding of the sources, effects and consequences of mishandled anger Immediate and practical steps to relief, treatment and management, with no sacrifices A thorough guide to integrating and better understanding all of the emotions Care and counseling for life partners, family members - and the people around them A clear path to healing, from abuse, loss and failure, be it perceived or in earnest. Anger management techniques, courses and classes all lead back to individual responsibility. Healing from anger starts there too. Yet often, those suffering the most from mismanaged anger will not seek the help they need. This comprehensive guide makes a concise simple guide for the self-motivated or for the people most affected by the destructive effects of too much anger. Complete emotional health and wellbeing is not only fully realizable, it's a tremendous relief and it's a lot simpler than you might think. While anger or rage can multiply and infect all aspects of a person's life and livelihood, it doesn't have to. Often keenly intelligent, angry people are blunted from true growth and healing by the discouraging effects of anger, hatred, low self-esteem, and...

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