

## Anger Management: A Self-Discovery Workbook (Paperback)



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### ***Reviews***

*The most effective ebook i possibly go through. I am quite late in start reading this one, but better then never. Its been designed in an extremely basic way and it is just after i finished reading this ebook by which basically transformed me, modify the way i believe.*  
*(Giovanny Rowe)*

## ANGER MANAGEMENT: A SELF-DISCOVERY WORKBOOK (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Workbook. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I decided to write this anger management workbook to simplify ways to deal with anger, cultivate prevention of anger outbursts, and increase self-understanding of manifestations of anger without disrupting the harmony of emotions. We are the way we perceive and feel the universe. The way we use anger determines our capacity to organize our thoughts and live a troubled or peaceful life. We can self-discover the dynamics of our motivations and inner selves by recognizing the roots of our attitudes and behaviors, and by fostering the process of assertiveness, self-awareness, self-care, self-regulation, self-actualization, insight, hope, healing, and transformation. You will challenge your belief system, overwhelming behaviors, and misunderstood feelings and thoughts, when completing this workbook. You will identify physical, emotional and cognitive cues that may trigger uncontrollable anger and master the application of mindfulness and self-control. You will realize that shame, guilt, frustration, disappointment, annoyance, irritation, resentment and other elements are contributors of anger. You will learn stress management, conflict resolution, decision making, problem solving, assertiveness and mindfulness coping skills, and demonstrate knowledge of application of coping skills with others, with your psychotherapist or in group. You will comprehend the underlying forces of healthy and unhealthy relationships, and improve your interpersonal relationships. I have learned that personal awareness and growth leads to an increased sense of identity, personal power, creativity, and greater purpose. The goal of this workbook is to have you acknowledge your strengths through your own self-discovery from your childhood to the present time, and reveal fundamental components that will assist you in recognizing the true meaning of life. You will understand how environment and circumstances affect behaviors, and how powerful inner motivations make the person you became. I...



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