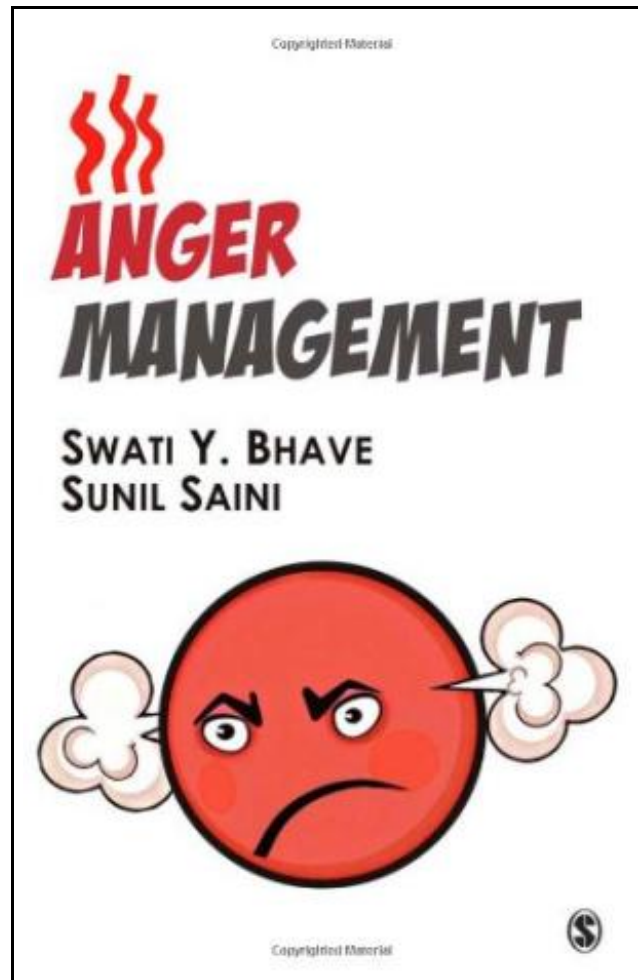


## Anger Management



Filesize: 3.42 MB

### ***Reviews***

*If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases rather than difficult to understand. Your life period is going to be change the instant you total reading this ebook.*

***(Letha Okuneva)***

## ANGER MANAGEMENT



Sage Publications, New Delhi, India, 2009. Paperback. Book Condition: New. First Edition. Anger management is a term that connects to us instantly since it talks about the commonest emotion that we encounter in the present time, both within and without: anger. Laying out a host of effective tips to manage anger, this book comes with the power to change things for the better. The key features of the book are: " The explanation of the confusing emotion of anger in simple terms, including the physiology of anger and its deleterious effects; alongside, it also shows how anger varies with age group, gender etc. " Discussions on detail anger management techniques for individuals, for family, and at school and workplace. " Elaboration of easy tips to master anger where there is chronic anger and unhappiness translating into negative human behavior like adolescents falling in abusive love relationships, dating violence, date rape, drug abuse, driving aggression, robbery, gambling, suicidal ideation, sensation seeking and other impulse control behaviors. " Delineation of A to Z tips for self management of anger. " Discussion on how people can reconstruct their negative thoughts, feelings and behaviors and emphasis on therapeutic intervention for serious anger problems. This book will equip the common people to handle their anger better. Its lucid narration and the use of cartoons and illustrations make it an interesting, entertaining and effective read. Professionals like physicians, psychiatrists, psychologists, and counselors can recommend this book to their patients. Students of psychology, sociology, and behavioural sciences will also find it useful. Printed Pages: 220.



[Read Anger Management Online](#)



[Download PDF Anger Management](#)

## Relevant Kindle Books

---



### **Any Child Can Write**

Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Harvey S. Wiener shows how parents can...

[Read PDF »](#)

---



### **Genuine entrepreneurship education (secondary vocational schools teaching book) 9787040247916(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2008-08-01 Pages: 175 Publisher: Higher Education Basic information title: entrepreneurship education...

[Read PDF »](#)

---



### **Art appreciation (travel services and hotel management professional services and management expertise secondary vocational education teaching materials supporting national planning book)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Pages Number: 146 Publisher: Higher Education Pub. Date :2009-07-01 version 2. This book is...

[Read PDF »](#)

---



### **The Day I Forgot to Pray**

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

[Read PDF »](#)

---



### **The Voyagers Series - Europe: A New Multi-Media Adventure Book 1**

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Read PDF »](#)

**The Three Little Pigs - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own

[Read eBook »](#)

**Sly Fox and Red Hen - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 148 mm. Language: N/A. Brand New Book. Sly Fox is hungry and he wants to catch and eat Red Hen. Armed with his

[Read eBook »](#)

**Peppa Pig: Camping Trip - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: Camping Trip - Read it Yourself with Ladybird: Level 2, Peppa Pig and her family are going on holiday in their campervan. Find

[Read eBook »](#)

**The Monster Next Door - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Monster Next Door - Read it Yourself with Ladybird: Level 2, The Monster Next Door, George wants to be a monster, just like his neighbour

[Read eBook »](#)

**Eighth grade - reading The Three Musketeers - 15 minutes to read the original ladder-planned**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 124 Publisher: China Electric Power Press Pub. Date :2010-8-1. Contents: The first

[Read eBook »](#)