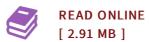




# Anger Management: 6 Critical Steps to a Calmer Life

By Peter Favaro

New Page Books. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. From the introduction by the author: I am convinced that anger is an epidemic problem both in the larger world and in our homes and work places. Ive written Anger Management not as a technical work describing the social science of anger, but as a practical work intended to help people understand their own anger and the anger of others. By reading this book, you will learn that managing your anger is a series of skills that (you) can learn over timeWith this program, (you will) learn to raise the temperature we often refer to as the boiling point-that moment at which reason is consumed by rage. Anger may well be the number one problem in modern society. If left unresolved, it distorts peoples perception of reality, negates happiness and serenity, can cause depression and addictive behaviors, reduces resistance to illnesses, and cause a wide variety of selfdestructive behavior. In the extreme, it explodes in physical or emotional violence, which ultimately breeds more anger and more violence. Anger Management is a practical and down-toearth program that will teach you not only to understand your own...



#### Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

-- Rhiannon Steuber

Very helpful to all type of individuals. It really is rally interesting through looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

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