

M I R A N D A W I L S O N

Anger MANAGEMENT *for Kids 5 to 8*

*The Ultimate Beginner's Guide to teach Your Kids
Effective Anger Management Tactics*



Anger Management For Beginners English Edition

Elizabeth Albertson



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Anger Management For Dummies Gill Bloxham, W. Doyle Gentry, 2010-06-21 Everyone gets angry And in a turbulent economy where finances are stretched property prices waver and unemployment booms blowing a fuse is par for the course But you don't have to take it out on others *Anger Management For Dummies UK Edition* shows you how to work through feelings of rage emerge from the red mist and lead a healthier happier and more positive life This fully adapted UK edition guides you through ways to recognise and deal with the underlying causes of anger at work in relationships and in your personal life and teaches you how to stay positive in spite of all the stresses and strains life throws your way From letting go of resentments preventing new rage and dealing with the anger of others to improving self expression honing spiritual calm and getting a good night's sleep this user friendly guide tackles the latest anger busting exercises and therapies including CBT and demonstrates how to deal with anger constructively

Anger Management For Dummies W. Doyle Gentry, 2011-03-01 If your anger or that of a loved one is out of control and threatening your life and livelihood you need the calm clear and understanding help you'll find in *Anger Management For Dummies* This concise and practical guidebook shares specific anger management methods skills and exercises that will help you identify the sources of your anger and release yourself from their grip You'll find out how to Defuse your anger before it strikes Express your feelings calmly Respond rather than react Prevent anger incidents in the future Release healthy anger in a healthy way Confess your anger in a journal Use anger constructively Get beyond old anger through forgiveness Complete with coverage of road rage air rage office rage and dealing with angry children *Anger Management for Dummies* gives you the tools you need to overcome your anger and live a happier more productive life

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