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James A. Brown

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An Angry Man's Guide to Personal Loss and Acceptance Troy Alfeo, 2023-09-07 Don t be angry all the time Sage advice for an Angry Man Has uncontrollable rage driven away your children led to your divorce and left you alone filled with remorse Do you wonder if you will ever cope with your explosive rage get through your pain lead a physically healthy emotionally positive spiritual life Like many middle aged men who experienced alienation from their children or bitter divorce Troy Alfeo shows that his personal tragedies could have been avoided if he had seen the patterns of his explosive rage and uncontrollable anger beforehand He shows how years of such behavior eventually left him totally isolated alone and cut off from the ones he loved He speaks frankly about the violence that he visited upon his loved ones and friends This a book about anger so destructive that those he loved were forced to stay away from him out of fear It is also a story about redemption and the attempts to repair these broken relationships. The author provides a road map back to normally some cognitive behavioral therapy as well as a number of positive steps you can incorporate in your life right now that will help you come to terms with your own inner Angry Man The author recognizes the damage one's angry behavior causes to relationships and that it may not be repairable The author maintains there are tools for dealing with this specific challenge too especially estrangement from one s own children He provides practical concise guidance on how to deal with this particular problem and notes that if you have suffered from it the most difficult part of your journey back to normalcy may be that you might not ever see or hear from your children ever again The author posits What are you going to do when that happens Troy Alfeo provides a solution that works for him The author freely admits that although he is still a very Angry Man by temperament it is now a beast under his control not controlling him He has successfully started on the road to anger management and has slowly begun to rekindle lost relationships with his estranged children Succinct and to the point Troy Alfeo discusses the following topics Life has no do overs If you have screwed up your family relationships you are stuck with it Own it and embrace it Your life will be better for it Angry emotions make you stupid Don t believe it Read what happened to Troy Alfeo when he interacted with his children under a dark cloud of rage Your anger will alienate you from everyone Put simply people will not want to be around you and they may even eventually come around to hate you You might even get fired from your job That happened to Troy Alfeo too Did you even love your wife No Is that why you were angry When did the emotional distance between you and your spouse begin Do you know Do your children hate you now How do you fix and change that Why divorce is the worst thing that could ever happen to your children So avoid it Coping strategies to include developing a life of meaning and finding love again Solutions for today that you wished you had known about yesterday 118

<u>Television ',Critical Viewing Skills', Education</u> James A. Brown,2013-01-11 Representing a significant survey and evaluation of major media literacy projects in the U S and selected countries throughout the world this book covers all aspects of critical viewing skills It provides comprehensive theoretical and historical background about the field the criteria

for its evaluation and various structured programs including the CVS projects and programs sponsored by school districts individuals non governmental national organizations and private companies The book can serve as a guide for curriculum planners as well as teachers in the classroom and adult workshops and also parents and individual adult viewers in applying the best match of theories practices readings and specific exercises to monitor and enhance television s role Entry Level Clerical Series Exam Review Guide Lewis morris, Learn how to Ace the Entry Level Clerical Series Exam This book helps you develop the skills you need to be on the top of your game In order to do your best you must be prepared to tackle the unique question types found on the exam This book contains the most up to date and accurate information to help you prepare for the Office Assistant exams given by state county and local agencies Written using lessons learned from the latest exam updates this manual perfectly prepares the reader for all of the exam sub areas including Operations with letters and numbers Checking for Errors Grammar spelling and punctuation Office vocabulary Tables and Directories This book is an excellent resource for various Entry Level Clerical titles administered for State County and Local Municipal Positions

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