



The Everything Guide to Anger Management: Proven Techniques to Understand and Control Anger (Everything®)

Robert Puff, James Segher

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Practical tools for breaking free of the cycle of anger!

Everyone gets angry once in a while, but sometimes, feelings of rage and resentment can reach unhealthy limits. If you're trying to get a handle on your anger, *The Everything Guide to Anger Management* can help. With practical advice for calming and controlling anger, along with a proven step-by-step plan for lasting change, this guide teaches you how to:

- Recognize emotional triggers.
- Improve self-control.
- Accept responsibility for your actions.
- Express yourself in a healthy way.
- Implement relaxation techniques.

With techniques from psychologists Puff and Seghers, you'll be able to step back; put negative emotions in the proper perspective; and begin living a happier, more fulfilling life.

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