Anger Management Sourcebook

EVERYTHING YOU NEED TO KNOW ABOUT:

- · Recognizing the symptoms of excessive anger
- · Identifying and defusing personal triggers
- · Regaining peace through relaxation techniques
- · Cognitive and behavioral approaches
- · Conflict-resolution skills for couples
- Anger-related illnesses including high blood pressure and heart disease

GLENN R. SCHIRALDI, PH.D., AND MELISSA HALLMARK KERR, PH.D.

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