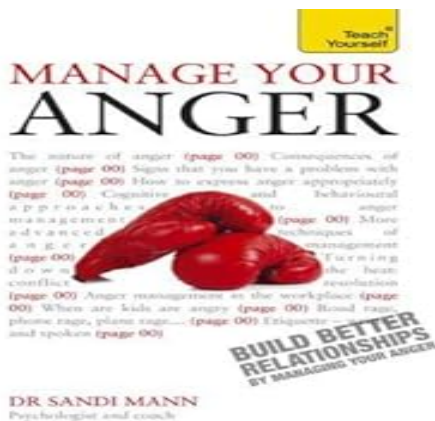


Manage Your Anger: Teach Yourself By Sandi Mann **Manage Your Anger** booker This practical book full of diagnostic questionnaires and immediately applicable advice will help you to understand the causes of your angry reactions and instead channel your emotions into directions which will enable you to have more successful relationships in your business and personal life. **Managing your anger what's behind it poster** Luckily for me this book provided the answers to most anger management questions like What is anger? Is it wrong to feel angry? Does it make me a bad person? Do I have an Angry Personality? Is my anger even worth managing?. **Books on control your anger** It covers more aspects of anger that I could think of and it even provides the diagnostic tests to help you determine your course of action as it pertains to dealing with anger.

Manage your anger ebook download



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