



# Anger Management

*Madhur Gupta*

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*Madhur Gupta*

## **Anger Management** Madhur Gupta

Excessive anger destroys relationships, careers, health and inner peace. it saps the joy of living, leaves you feeling ashamed and foolish, and turns everyday's challenges into explosive battlegrounds. Anger Management book reduces levels of anger, especially in provocative situations. People will learn effective coping behaviors to stop escalation and to resolve conflicts. Graduated homework assignments allow participants to apply their newly acquired skills. Participants to apply their newly acquired skills. This book has been designed with following features : Designed especially for Kids and Teens, Learn important life skills for career and relationships, Learn how to halt escalation in angry situations, Learn how to identify and deal with trigger thoughts, Learn the real reasons underneath the angry feelings and monitor angry feelings using the Anger Log

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Playing with family in a park, coming to see the coastal world or hanging out with pals is thing that usually you might have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Anger Management, it is possible to enjoy both. It is very good combination right, you still need to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't obtain it, oh come on its known as reading friends.

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