



Manage Your Anger (Teach Yourself)

Sandi Mann

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?If people perceive you to have an anger management problem, it?s likely you spend most of your time dealing with the consequences of this, rather than the causes.

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.?

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