



## Breaking Free from the Anger Trap: Freeing Yourself from Anger and Its Effects (Paperback)

By Dr Donna Lee

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.An anger management book can be a helpful tool in your everyday life. It can give you many tips and ideas on how to best deal with the stresses of life. These ideas can be crucial on some of the most difficult days. An anger management book is filled with information on how to cope with trying situations. It can be a crucial tool when dealing with something such as, an irritating co-worker, car troubles, or an exasperating spouse. These books are filled with the best techniques to stay calm and rational.



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