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Managing Anger: Positive Strategies for Dealing with Destructive Emotions

Gael Lindenfield

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Anger is a very natural response to hurt, frustration, bereavement, loss or threat. But it can also be a very damaging response, and unless you deal with it effectively the results can be highly destructive. This book puts forward a model of constructive anger management as a positive alternative to the many negative habits which are so damaging and dangerous and has grown out of self-development courses led by the author.

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