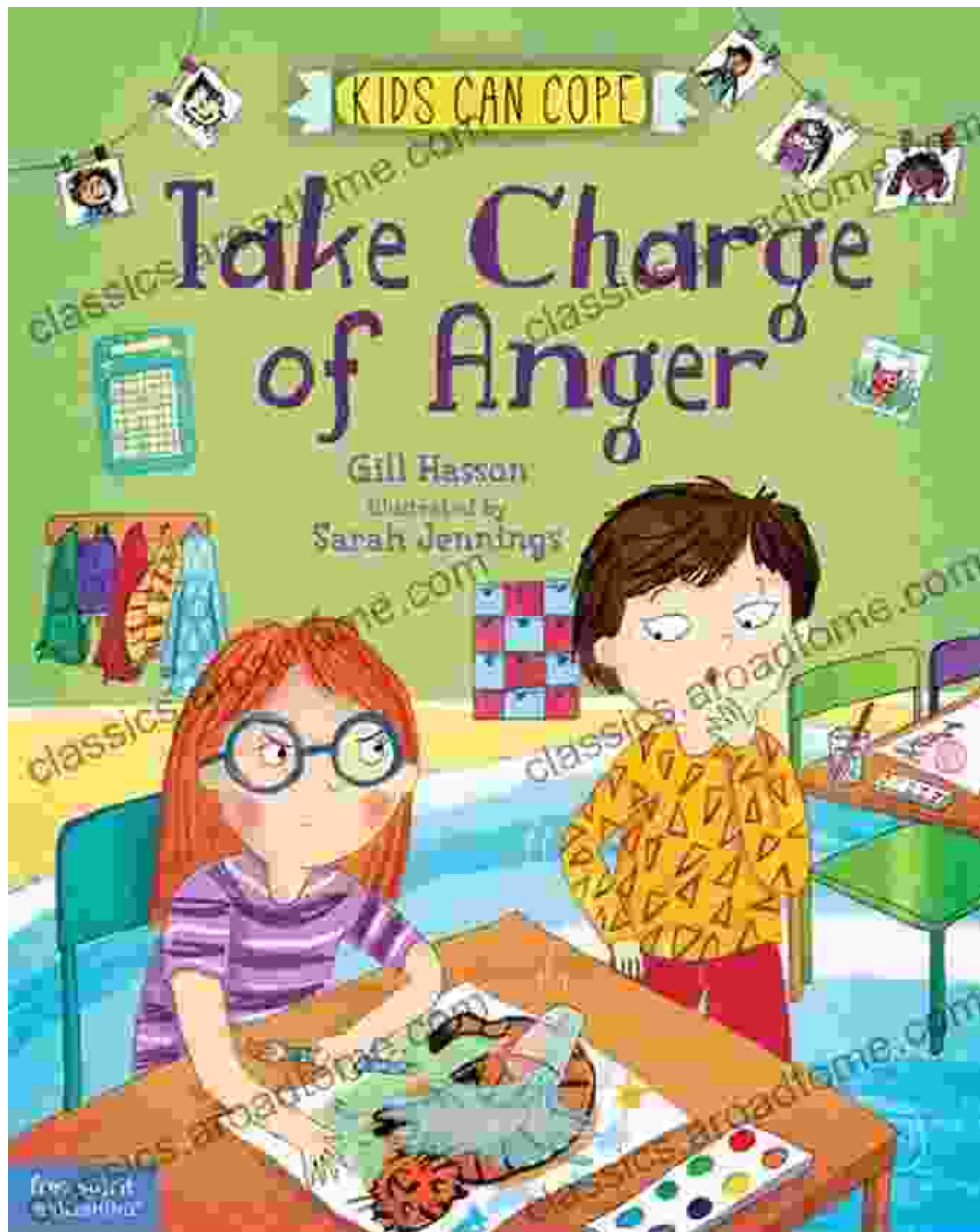


# Taking Charge of Anger: The Comprehensive Guide to Controlling Your Anger and Improving Your Relationships

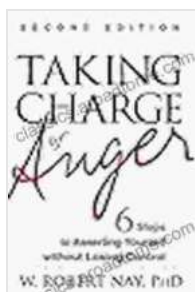


Are you tired of letting anger control your life? Do you want to learn how to manage your anger in a healthy way? Then this book is for you.

Taking Charge of Anger is the comprehensive guide to controlling your anger and improving your relationships. This book will teach you everything you need to know about anger, from its causes and triggers to the best ways to manage it. You will learn how to identify your anger triggers, develop coping mechanisms, and communicate your anger in a healthy way. You will also learn how to forgive yourself and others, and how to build healthy relationships.

**If you are ready to take charge of your anger and improve your life, then this book is for you.**

In this book, you will learn:



## **Taking Charge of Anger, Second Edition: Six Steps to Asserting Yourself without Losing Control** by W. Robert Nay

★★★★☆ 4.3 out of 5

Language : English  
File size : 1658 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 305 pages



- The causes and triggers of anger
- The different ways to manage anger
- How to identify your anger triggers
- How to develop coping mechanisms

- How to communicate your anger in a healthy way
- How to forgive yourself and others
- How to build healthy relationships

Taking Charge of Anger is the essential guide to managing your anger and improving your relationships. This book will help you to take control of your anger and live a more fulfilling life.

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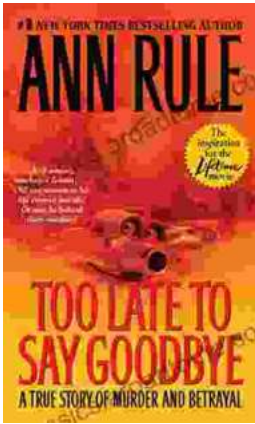


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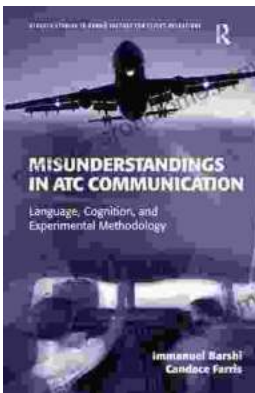
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