



Anger Management Workbook for Men: Take Control of Your Anger and Master Your Emotions

By Lcpc Aaron Karmin

Callisto Media Inc., United States, 2017. Paperback. Book Condition: New. 234 x 188 mm. Language: English . Brand New Book. "Aarons experience treating anger is second to none." Dr. Nathan R. Hydes, PhD; US Navy Psychologist A Modern, No-nonsense Anger Management Workbook Written Specifically for Men Are you ready to take control of your anger? Clinical Therapist Aaron Karmin teaches you the skills to manage your anger without aggression and build up your self-confidence, self-control and self-respect. The Anger Management Workbook for Men goes beyond whymen get angry and helps you get to the root of your anger by including: Invaluable information and assessments to help evaluate your angerConcrete examples of productively expressing angerClinical examples of anger management strategiesThe Anger Management Workbook for Men will give you positive and productive anger management tools to strengthen the most important and most overlooked relationship in your life your relationship with yourself.



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