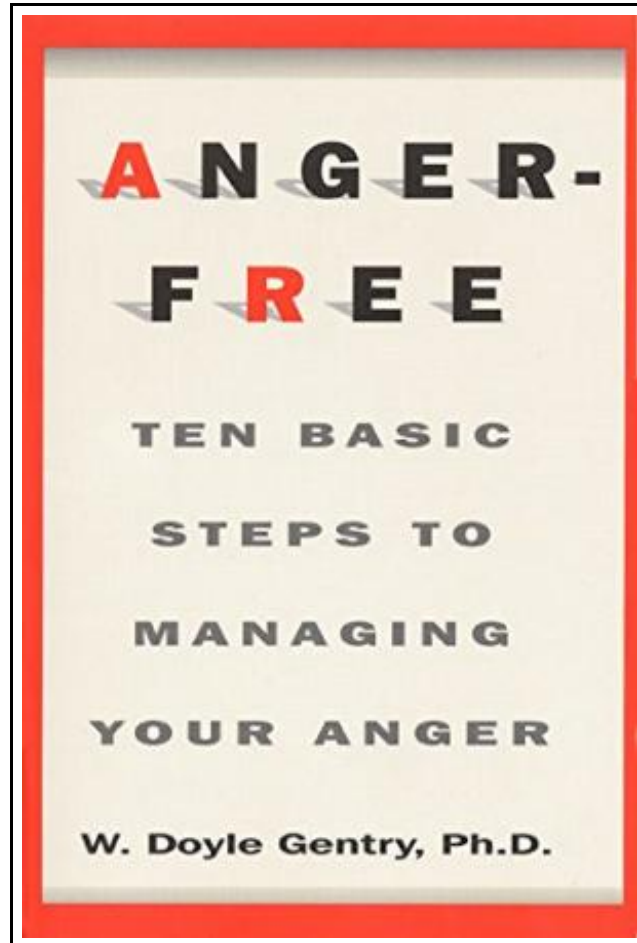


Anger-free



Filesize: 7.6 MB

Reviews

*Basically no phrases to describe. I was able to comprehend everything out of this published ebook. You can expect to like the way the author composed this ebook.
(Mrs. Novella Will)*

ANGER-FREE



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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Anger-free, W. Doyle Gentry, Is anger poisoning your relationships, family, job, finances, or health? Find a better life with Anger Free. In ten easy steps, anger researcher and seasoned psychologist Dr. W. Doyle Gentry offers a simple mind/body approach to alleviating dysfunctional anger. Drawing on three decades of professional and personal experience, he presents a fresh perspective on anger management with clinically tested methods that draw on the psycho-biological elements of toxic anger and far surpass the commonly prescribed therapy to "hold it in" or "let it out." In his easy-to-understand program, Gentry provides self-assessment exercises, case histories, outlines of the pitfalls of anger management, and realistic goals to overcoming the "toxic" behavior. You'll learn how to: Develop a healthier attitudeImprove your emotional lifeNurture your intimate relationshipsArgue successfullyRaise your self-esteemAnd much more!Promoting healthy, lasting change, Anger-Free delivers effective methods to master your anger successfully--without professional therapy. Are you consumed by rage? Do you seethe and simmer, slam doors, or scream at people? Is so, you may be one of the millions afflicted with high-intensity, high-frequency, long-lasting "toxic" anger, a debilitating disorder that can destroy your job, your relationships, and even your health.Anger-Free offers a simple mind/body approach to alleviating dysfunctional anger. Drawing on three decades of professional and personal experience, Dr. W. Doyle Gentry presents a fresh perspective on anger management with clinically tested methods that draw on the psychobiological elements of toxic anger and far surpass the commonly prescribed therapy to "hold it in" or "let it out."In his easy-to-understand ten-step program, Gentry provides self-assessment inventories to test anger levels, offers case histories as learning tools, outlines the pitfalls of anger management, and sets realistic goals to overcoming the "toxic" behavior. Complete with positive exercises to promote healthy, lasting change,...



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