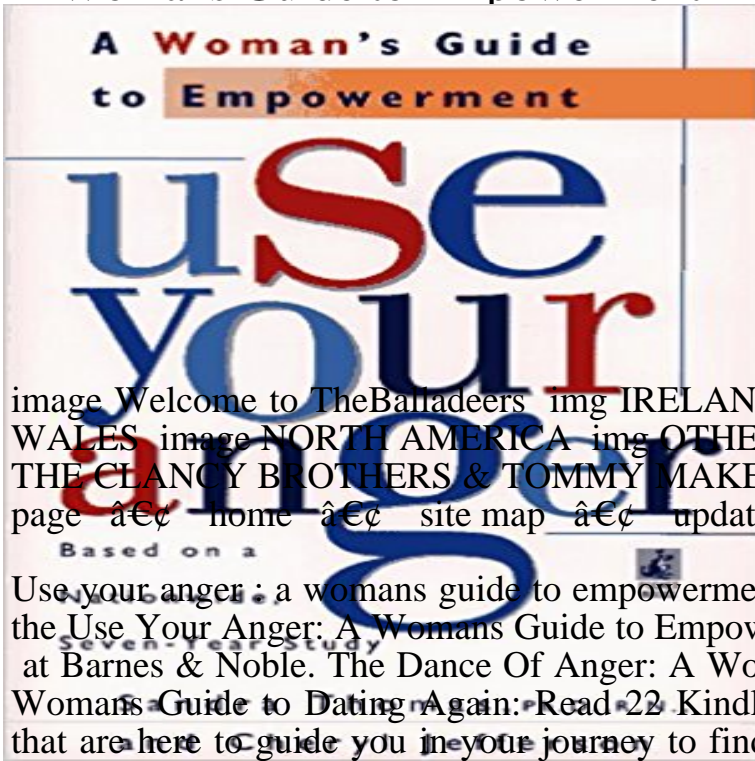


Use Your Anger: A Womans Guide to Empowerment: Use Your Anger: A Womans Guide to Empowerment



Stating that improperly channeled anger patterns can cause serious health problems for women, a guide to anger management explains how to recognize destructive patterns and use anger to constructive ends.

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