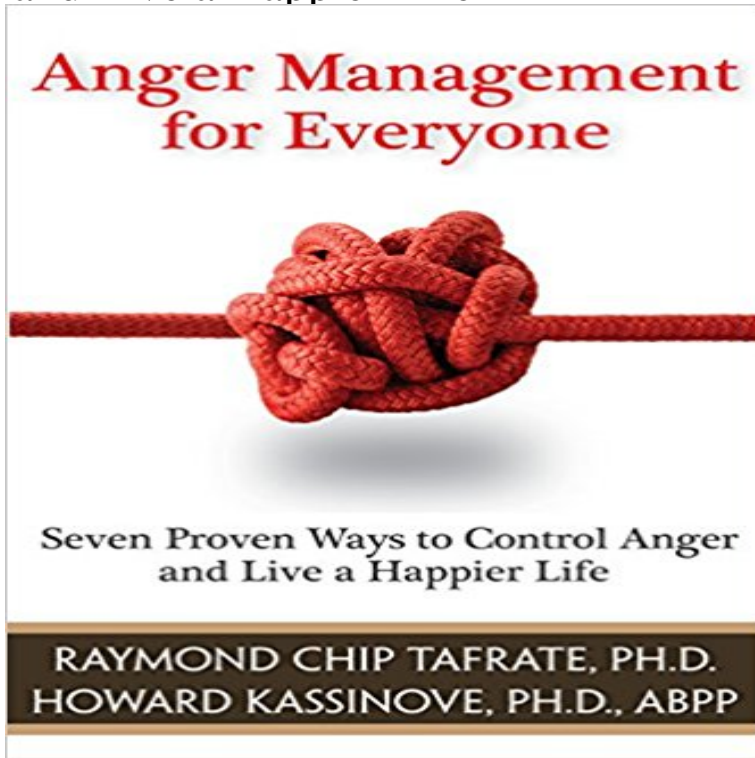


# Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life



Now, from the authors of *Anger Management: The Complete Treatment Guidebook for Practitioners*, here at last is a comprehensive program for the rest of us! Tafrate and Kassinove bring their expertise and research-based understanding to everyone interested in controlling their anger. Is your anger: making others uncomfortable and creating distance in your relationships? disrupting your ability to think clearly and make good decisions? resulting in behaviors that you later regret or recall with embarrassment? *Anger Management for Everyone* shows you how to cope with life's adversity, unfairness, and disappointment, so you can successfully put anger in its proper place and live a vital, happy, and upbeat life.

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