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Real Solution Anger Management Workbook

Richard H. Pfeiffer

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Chronic anger can be costly, both physically and emotionally. Most people can use their anger in appropriate ways in some situations, and yet be ineffective in others. The Real Solution Anger Management Workbook reduces levels of anger, especially in provocative situations. Participants learn effective coping skills and behaviors to stop escalation and to resolve conflicts.

This Workook Offers Effective:
Anger Management Skills
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