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Anger A Guide For

Beyond Anger is honest, tough, and real. In this revised edition, Harbin will update references throughout and discuss new topics such as the role of the internet and social media in fueling anger and how to protect yourself against these pitfalls, as well as a discussion on anger and aging, the political landscape and anger, PTSD, a brand-new section on preventing relapse into anger, and many other relevant, timely topics.

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Beyond Anger: A Guide for Men: How to Free Yourself from ...

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Participant's Journal and
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Beyond Anger & Violence is
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intervention for women that

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*Stephanie Covington, Ph.D.,
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Beyond Anger: A Guide for Men: How to Free Yourself from ...

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Beyond Anger: A Guide for Men. How to Free Yourself from the Grip of Anger and Get More Out of Life Thomas J Harbin Some of the examples are a bit extreme as the author has worked in prisons etc. However, this is a well organised and useful book for men wanting to work on and understand more about their anger.

It's Not Personal!: A Guide to Anger Management

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Beyond Anger: A Guide for Men: How to Free Yourself from ...

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