



Managing Anger (Paperback)

By Michelle N Halsey Pmp

Silver City Publications Training, L.L.C., United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Benjamin Franklin once said, In this world nothing can be said to be certain, except death and taxes. We would add a third item to his list: anger. Controlling and limiting anger is important in every aspect of one s life. Without control you are putting limits on what you can accomplish in your personal and professional life. Anger can be an incredibly damaging force, costing people their jobs, personal relationships, and even their lives when it gets out of hand. However, since everyone experiences anger, it is important to have constructive approaches to manage it effectively. Anger Management teaches how to identify their anger triggers and what to do when you get angry.



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