



## 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.



READ ONLINE  
[ 6.4 MB ]

DOWNLOAD



### Reviews

*It becomes an remarkable publication that we have at any time study. It is among the most remarkable pdf i have go through. I am just easily can get a satisfaction of reading a published book.*

-- **Alayna Ankunding DVM**

*Very helpful to any or all category of folks. It is written in simple phrases rather than difficult to understand. Its been developed in an exceptionally simple way and is particularly just after i finished reading this pdf in which basically transformed me, modify the way in my opinion.*

-- **Hank Runte**

## Other Books

---



### **Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!**

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



### **Trini Bee: You're Never to Small to Do Great Things**

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Children's Book: Trini Bee An Early Learning - Beginner Reader A fun, rhyming children's book...



### **Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products**

Fair Winds Press, 2006. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by Royal Mail;



### **Those Were the Days . My Arse!: 101 Old Fashioned Activities NOT to Do With Your Kids**

Pavilion Books. Hardback. Book Condition: new. BRAND NEW, Those Were the Days . My Arse!: 101 Old Fashioned Activities NOT to Do With Your Kids, Richard Wilson, 'Richard Wilson is like the naughty kid poking the ant's nest with a stick.' Times...



### **Homemade Fun: 101 Crafts and Activities to Do with Kids**

St. Martin's Griffin. Hardcover-SPIRAL. Book Condition: New. 0312610777 New, Unused, Spiral-bound Book with minor cover and/or page damage (typically cut, bend/crease or tear). Content NOT affected! Ships in 24 hours with FREE tracking!.



### **On Your Case: A Comprehensive, Compassionate (and Only Slightly Bossy) Legal Guide for Every Stage of a Woman's Life**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 132 mm. Language: English . Brand New Book. Compelling. . . . A must-read for all women. Lee Woodruff, New York Times bestselling author of Perfectly Imperfect: A Life...