



Anger Management: The Essential Guide

By Wendy Sloane

Need2Know. Paperback. Book Condition: new. BRAND NEW, Anger Management: The Essential Guide, Wendy Sloane, It is estimated that one in five of us has a problem controlling our anger on a regular basis but recognising an anger management problem in either ourselves or a loved one can be difficult. With the right information and support you can get help. This practical and informative guide will show you how to recognise your anger triggers, how to look for patterns in your behaviour and how to use tried and tested methods for managing your anger. Strategies for de-stressing are included, together with tips on how to communicate effectively and develop a positive outlook. Advice for parents dealing with angry children and adolescents is also provided. If you, your partner or a friend finds it difficult managing anger, you can find all the information and support you need in this easy-to-read guide. Take the first step today. Learn how to control your anger before it controls you.



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