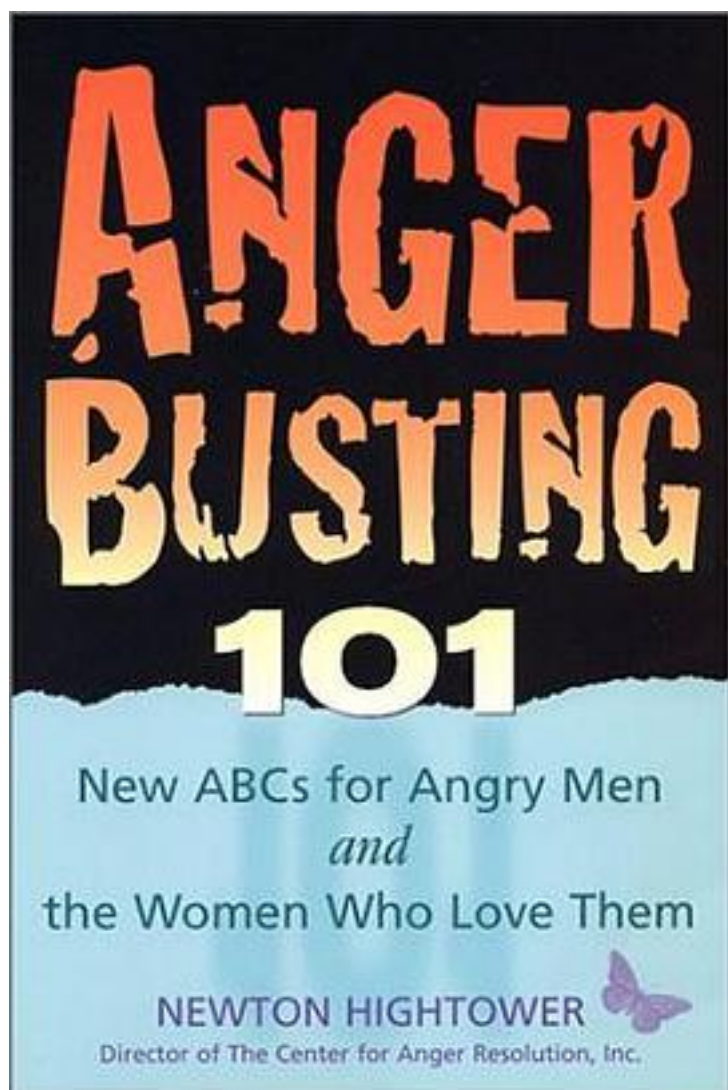


# Anger Busting 101



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Anger Busting 101 is the first book to use the acclaimed Recovery approach to solve anger problems. It gives you dozens of quick tips you can use every day to diffuse anger early on. Author Newton Hightower expertly combines personal stories with scientific research and solid clinical data to give angry men and their families the hope and the help they need.

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