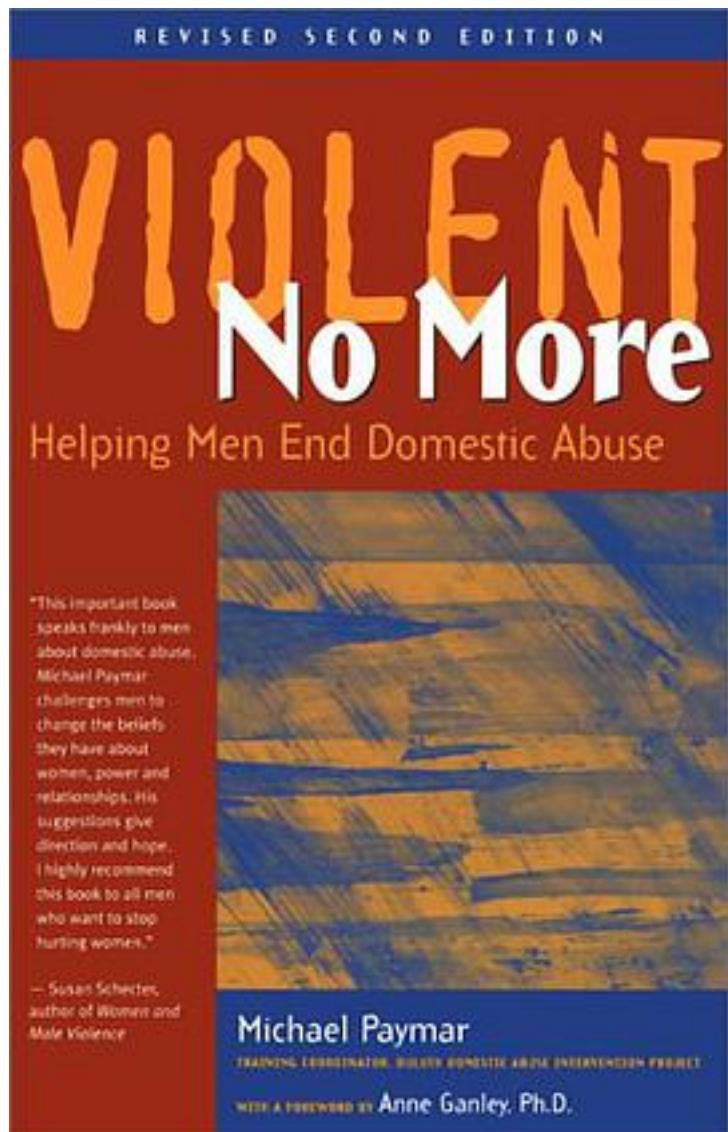


# Violent No More



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The author guides readers through the process of recognizing abusive behaviors, taking responsibility for them, and learning to express anger without violence. This new edition includes updated resources, additional exercises, and guidelines for men of different cultural and ethnic backgrounds.

作者介绍:

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