

Anger Deal with it, Heal with it



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出版者:Hci

出版时间:2004-5

装帧:Pap

isbn:9780757301117

William DeFoore provides practical solutions to one of society's most pressing concerns-anger and rage. His practical ten-step approach offers a way to reach a new level of psychological and physical health by learning to deal with anger in healthy ways. Through gripping stories, research and narrative, DeFoore explores the many faces of anger, including passive anger, anger during the grief process, anger among males, and anger that can actually help us connect with our spirituality and life purpose. This edition has added new chapters that cover anger in women, anger in children, in school, in the workplace, and domestic violence.

作者介绍:

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