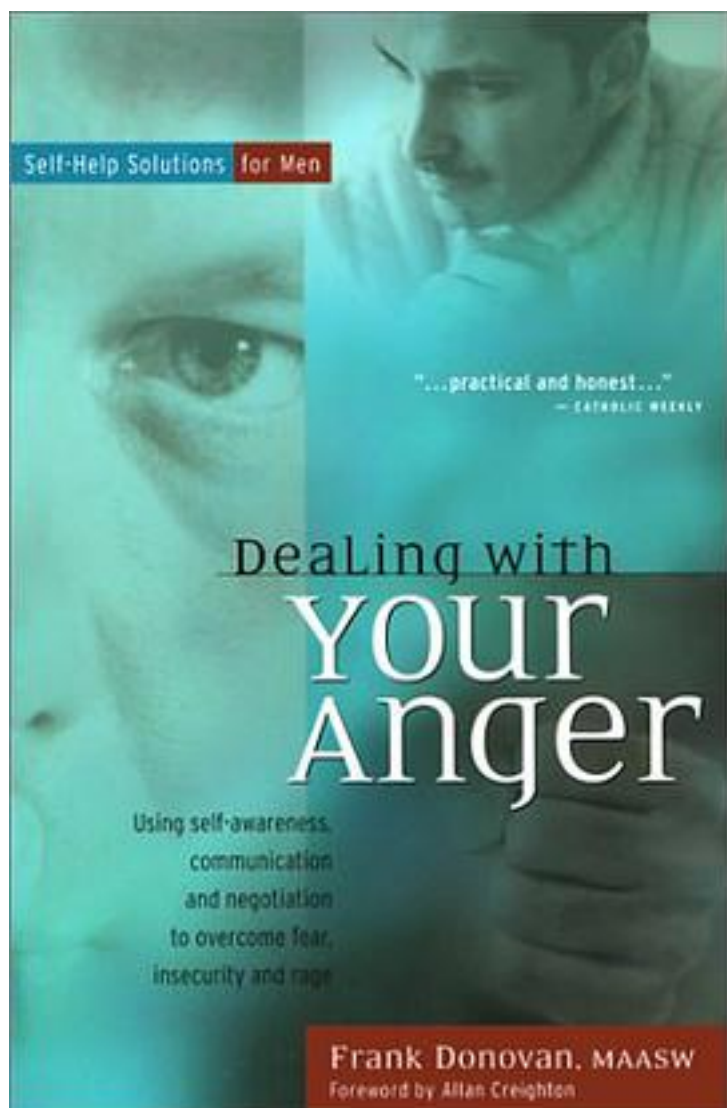


# Dealing With Your Anger



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著者:Donovan, Frank

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This book is for men whose anger is a serious problem for themselves and others. The author presents techniques and case studies to teach men how to control their anger, how to remove the risk of violence, and how to accept responsibility for managing their anger. A practical guide to preventing violence by healing the pain and fear that fuel it.

作者介绍:

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