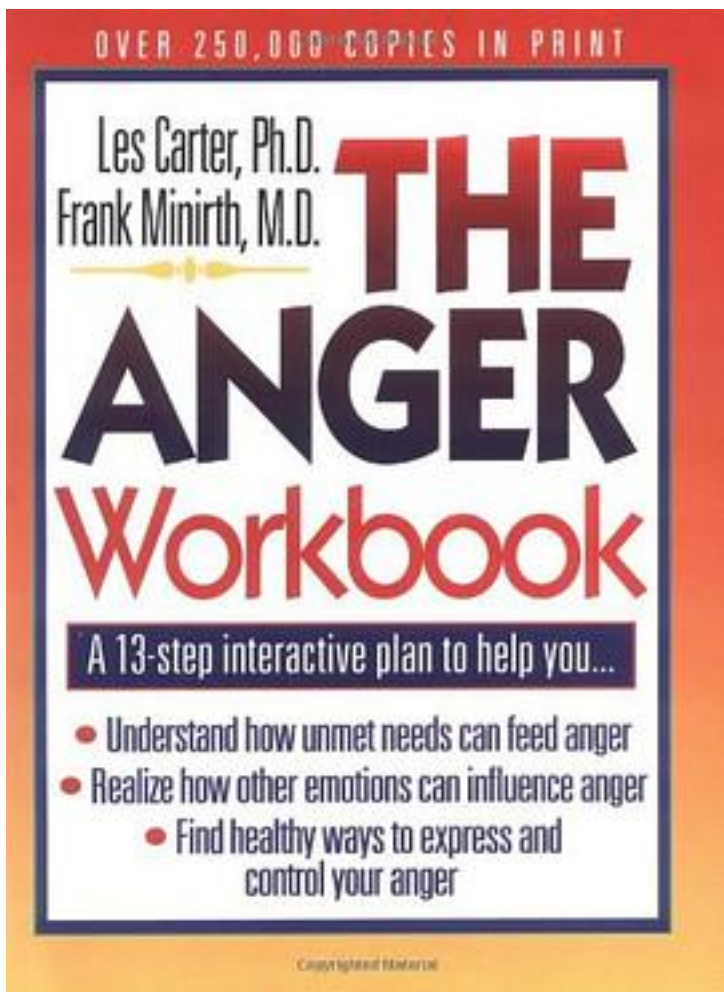


The Anger Workbook



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著者:Les Carter

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This is the only anger management system we've found that offers interactive exercises to help readers understand and modify their own behavior. Whether your anger is from

tension at work, frustration at home, or just life in general - this workbook will help you identify and modify the anger that keeps you from inner peace and contentment. From doctors nationally known in the field of Christian counseling.

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