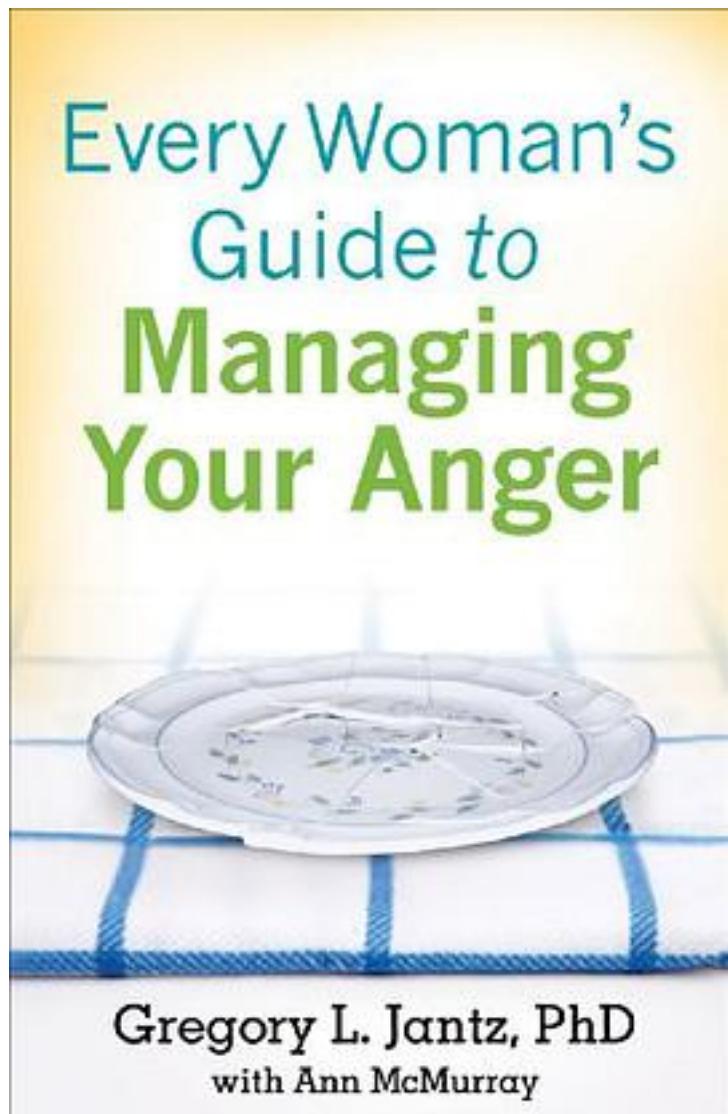


# Every Woman's Guide to Managing Your Anger



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In "Every Woman's Guide to Managing Your Anger," Dr. Jantz shows women how to

- accept the truth of their anger
- examine where it comes from
- be honest about how they use it
- be open to change
- be willing to forgive, even themselves
- be willing to feel something else besides their anger

With a compassionate tone and an honest look at reality, Dr. Jantz helps women face their anger issues, move beyond them, and live the life they were meant to live.

作者介绍:

目录:

[Every Woman's Guide to Managing Your Anger 下载链接1](#)

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