

# Anger Management



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出版者:

出版时间:2007-11

装帧:

isbn:9780979618031

This is a comprehensive anger management workbook that addresses every aspect of potential anger sources. Anger and violence are so prevalent in our society. It is imperative that we learn how to channel it as fuel instead of fire. Written by a licensed clinical counselor, "Anger Management" is based on her many years of successful alcohol, drug, and anger management counseling.

作者介绍:

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