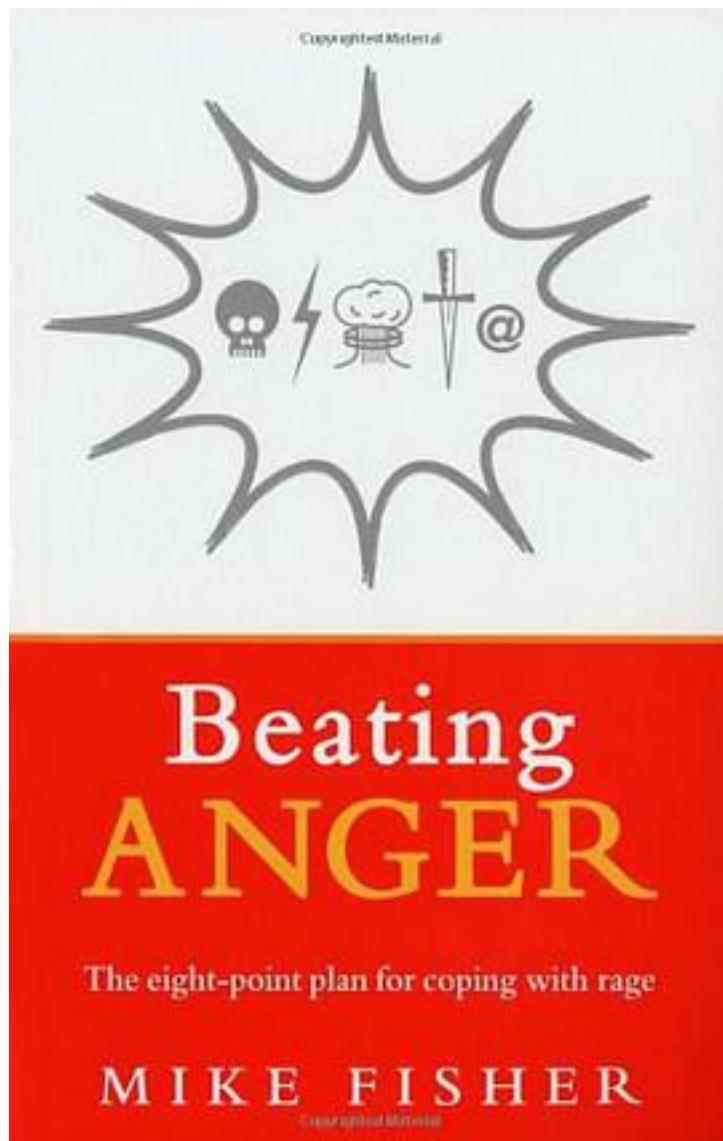


# Beating Anger



[Beating Anger 下载链接1](#)

著者:Fisher, Mike

出版者:

出版时间:2006-5

装帧:

isbn:9781844135646

We all feel angry at times. It can be an uncomfortable emotion. Here is the perfect book to help anyone from 16-75 years old to beat their anger — or help anyone else to do the same. It will explain what anger is, what triggers it, the various different types of anger — and its substitutes — how to heal emotional aggression, and the 8 Golden Rules of Anger Management.

作者介绍:

目录:

[Beating Anger 下载链接1](#)

标签

评论

---

[Beating Anger 下载链接1](#)

书评

---

[Beating Anger 下载链接1](#)