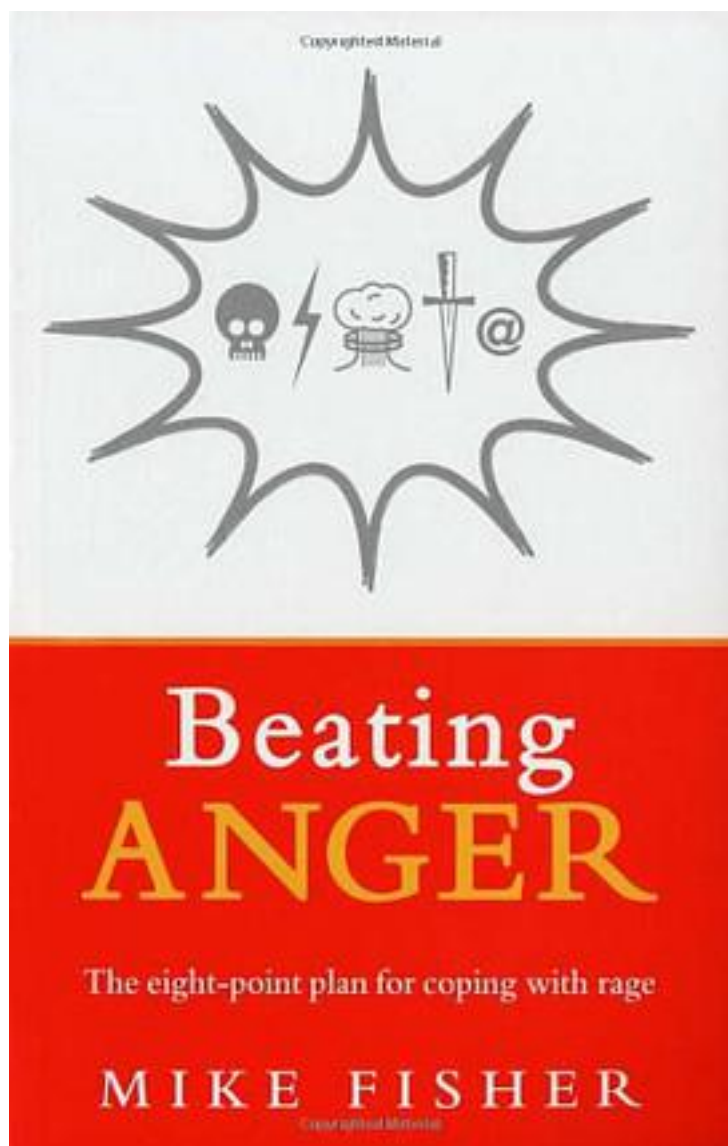


# Beating Anger



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著者:Fisher, Mike

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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:

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