

Beyond Anger A Guide For Men How To Free Yourself From

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Beyond Anger A Guide For Beyond Anger is honest, tough, and real. In this revised edition, Harbin will update references throughout and discuss new topics such as the role of the internet and social media in fueling anger and how to protect yourself against these pitfalls, as well as a discussion on anger and aging, the political landscape and anger, PTSD, a brand-new section on preventing relapse into anger, and many other relevant, timely topics.

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Written by a psychologist who specializes in the treatment of male rage, Beyond Anger shows the angry - and miserable - man how to change his life and relationships for the better. This book helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends, and coworkers.

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Beyond Anger: A Guide for Men (Revised): How to Free Yourself from the Grip of Anger and Get More Out of Life by Harbin PhD, Thomas J. at AbeBooks.co.uk - ISBN 10: 073823480X - ISBN 13: 9780738234809 - Da Capo Press - 2018 - Softcover

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Participant ' s Journal and DVD. [Covington, S. (2014). Hoboken, NJ: Wiley] Beyond Anger & Violence is a manualized curriculum for women who are struggling with the issue of anger and who are in community settings (outpatient and residential substance abuse treatment programs, domestic violence shelters, mental health clinics, etc.). Beyond Anger & Violence is the first manualized intervention for women that focuses on anger, as well as the trauma they may have

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Beyond Anger: A Guide for Men: How to Free Yourself from ...

Beyond Anger: A Guide for Men. How to Free Yourself from the Grip of Anger and Get More Out of Life Thomas J Harbin Some of the examples are a bit extreme as the author has worked in prisons etc. However, this is a well organisaed and useful book for men wanting to work on and understand more about their anger.

It's Not Personal!: A Guide to Anger Management

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