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~~Beyond Anger A Guide~~

Written by a
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rage, *Beyond Anger*
shows the angry - and
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A Guide to 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: How to Free Yourself from the Grip of Anger and Get More Out of Life. by. Thomas J. Harbin. 3.70 · Rating details · 251 ratings · 19 reviews. Men tend to express their anger differently than women do. Research shows men are often

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more violent and less willing to confront and deal with their emotions than women. 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 ...

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restructuring and
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trauma triggers).

~~Stephanie Covington,
Ph.D., L.C.S.W. •~~

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