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Unfortunately, while
some styles are
appropriate in some
situations, others are
not—and consistently
using an inappropriate
style is a sure way to

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find yourself saddled with a huge anger problem. This book examines the eleven most common styles of anger expression and helps you learn how to communicate your anger in healthy ways.

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Letting Go of Anger is a practical text to work through and digest. The husband and wife author-team guide readers to inventory personal anger styles. From there, sections of the book help to identify causes, risks, and first-steps toward mitigation.

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