

cognitive behavioral therapy for anger management

****Cognitive Behavioral Therapy for Anger Management: Understanding and Transforming Your Responses****

cognitive behavioral therapy for anger management is a powerful, evidence-based approach that helps individuals recognize, understand, and change the patterns of thinking and behavior that contribute to their angry responses. Unlike simply trying to suppress anger, this therapeutic method focuses on identifying the root causes of anger and developing healthier, more constructive ways to express and cope with it. If you or someone you know struggles with intense emotions or frequent outbursts, exploring how cognitive behavioral therapy (CBT) can assist in anger management might be a transformative step toward emotional balance.

What Is Cognitive Behavioral Therapy for Anger Management?

Cognitive Behavioral Therapy is a type of talk therapy that centers on the connection between thoughts, feelings, and behaviors. When it comes to anger management, CBT helps individuals uncover the distorted or unhelpful thought patterns that fuel their anger. By learning to challenge and reframe these thoughts, people can reduce the intensity of their emotional reactions and adopt more adaptive behaviors.

Anger often stems from underlying cognitive distortions such as catastrophizing, black-and-white thinking, or personalizing situations. For example, interpreting a colleague's neutral comment as a personal attack might trigger disproportionate anger. CBT works by teaching individuals to spot these automatic thoughts and evaluate their validity before reacting impulsively.

How Does CBT Address Anger?

The therapeutic process in cognitive behavioral therapy for anger management involves several key components designed to empower individuals with practical tools:

1. Identifying Triggers and Early Warning Signs

A foundational step in CBT is helping clients recognize what situations, thoughts, or physical sensations precede anger episodes. This might include feeling disrespected, stressed, or overwhelmed. By increasing awareness of these triggers and early signs—such as clenching fists, increased heart rate, or negative self-talk—individuals can intervene before anger escalates.

2. Challenging and Changing Negative Thought Patterns

Once triggers are identified, CBT encourages questioning the accuracy and helpfulness of the thoughts fueling anger. Techniques such as cognitive restructuring help replace irrational or exaggerated beliefs with more balanced perspectives. Instead of thinking, "They did that to upset me on purpose," a person might learn to consider alternative explanations, reducing emotional intensity.

3. Developing Healthy Coping Strategies

Cognitive behavioral therapy for anger management equips people with a variety of coping skills to handle anger constructively. These can include relaxation techniques like deep breathing or progressive muscle relaxation, mindfulness practices to stay grounded, and assertiveness training to express feelings without aggression.

4. Behavioral Experiments and Role-Playing

Therapists often use role-playing exercises to practice new responses in a safe environment. Clients might simulate challenging conversations or conflict scenarios to apply anger management strategies. Behavioral experiments encourage trying out new ways of reacting in real life and assessing their effectiveness, reinforcing positive change.

Why Choose CBT for Managing Anger?

Compared to other therapeutic approaches, cognitive behavioral therapy offers several benefits that make it particularly effective for anger management:

- **Structured and Goal-Oriented:** CBT typically follows a clear framework with specific goals, making progress measurable and focused.
- **Short-Term and Practical:** Many individuals find improvements within a relatively short period, often 8 to 12 sessions, by learning actionable skills.
- **Empowering and Collaborative:** Clients actively participate in their healing process, gaining tools that promote independence beyond therapy.
- **Supported by Research:** Numerous studies have demonstrated CBT's effectiveness in reducing anger, aggression, and related behaviors.

Common Techniques Used in CBT for Anger Management

Understanding some of the commonly applied techniques can give you a glimpse into how cognitive behavioral therapy works in practice:

Thought Records

Keeping a thought record involves writing down situations that trigger anger, the automatic thoughts that arise, and the resulting feelings and behaviors. This process helps identify patterns and provides material for cognitive restructuring.

Relaxation Training

Techniques such as controlled breathing, guided imagery, and muscle relaxation help reduce physiological arousal linked to anger, making it easier to think clearly and respond calmly.

Problem-Solving Skills

CBT teaches systematic approaches to address conflicts or frustrating situations without resorting to anger. This includes defining problems clearly, brainstorming solutions, evaluating options, and implementing effective strategies.

Exposure Techniques

In some cases, individuals avoid situations that provoke anger, which can perpetuate the problem. Gradual exposure to challenging scenarios while applying coping skills can build confidence and reduce sensitivity over time.

The Role of Mindfulness in Cognitive Behavioral Therapy for Anger

Mindfulness has become an integral part of many CBT programs for anger management. By cultivating nonjudgmental awareness of the present moment, mindfulness helps individuals observe their anger without immediately reacting. This “space” between feeling anger and acting on it opens opportunities for choice and change.

Practicing mindfulness can involve simple daily exercises, such as paying attention to breath, body sensations, or sounds. Over time, this practice supports emotional regulation and reduces impulsive outbursts. When combined with cognitive techniques, mindfulness deepens self-understanding and resilience.

Applying CBT Techniques Outside of Therapy

One of the strengths of cognitive behavioral therapy for anger management is its focus on practical skills that can be integrated into everyday life. Here are some tips for applying CBT principles on your own:

- **Pause and Reflect:** When you notice anger rising, take a moment to identify your thoughts and question their accuracy.
- **Use Relaxation Tools:** Practice deep breathing or muscle relaxation regularly, especially before or during stressful situations.
- **Keep an Anger Diary:** Track triggers, thoughts, emotions, and responses to identify patterns and progress.
- **Set Realistic Expectations:** Accept that frustration is part of life, and focus on how you respond rather than trying to eliminate anger entirely.
- **Seek Support:** Share your goals with trusted friends or family members who can encourage your efforts.

Who Can Benefit from Cognitive Behavioral Therapy for Anger Management?

CBT isn't just for individuals with clinical anger issues; it can help anyone who wants to better understand and regulate their emotional responses. People experiencing frequent irritability, relationship conflicts, workplace challenges, or stress-related anger may find significant relief through this approach.

Additionally, CBT for anger management is adaptable for different age groups, including adolescents, adults, and older adults. Therapists tailor sessions to meet unique needs, whether addressing underlying trauma, co-occurring mental health conditions, or specific behavioral challenges.

Finding the Right Therapist for Anger Management CBT

Choosing a qualified therapist who specializes in cognitive behavioral therapy for anger management can make all the difference. Look for professionals with credentials in CBT and experience working with anger or related issues. Many therapists offer initial consultations to discuss your goals and approach.

Remember, therapy is a collaborative journey. Being open, honest, and committed to practicing new skills outside sessions enhances the likelihood of lasting change. With time and effort, cognitive behavioral therapy can transform how you understand and express anger, leading to healthier relationships and greater emotional well-being.

Anger is a natural human emotion, but it doesn't have to control your life. Through cognitive behavioral therapy for anger management, you can learn to harness your emotions in ways that promote understanding, communication, and peace. The path to managing anger starts with awareness—and CBT provides a roadmap to navigate this often

challenging terrain.

Frequently Asked Questions

What is cognitive behavioral therapy (CBT) for anger management?

Cognitive Behavioral Therapy (CBT) for anger management is a structured, time-limited psychotherapy that helps individuals identify and change negative thought patterns and behaviors that lead to anger, enabling healthier emotional responses.

How does CBT help in controlling anger?

CBT helps control anger by teaching individuals to recognize triggers, challenge irrational thoughts, develop coping strategies, and adopt problem-solving skills to respond more calmly and effectively.

What are common techniques used in CBT for anger management?

Common techniques include cognitive restructuring (changing negative thought patterns), relaxation training, mindfulness, exposure to anger triggers in a controlled way, and developing communication and problem-solving skills.

Can CBT for anger management be effective for all age groups?

Yes, CBT can be adapted for different age groups including children, adolescents, and adults, making it a versatile approach for anger management across the lifespan.

How long does a typical CBT program for anger management last?

A typical CBT program for anger management usually lasts between 8 to 12 weekly sessions, but the duration can vary depending on individual needs and progress.

Is CBT for anger management effective for people with co-occurring mental health conditions?

Yes, CBT is often effective for individuals with co-occurring conditions such as anxiety, depression, or PTSD, as it addresses underlying cognitive and emotional patterns contributing to anger.

Can CBT for anger management be done in group settings?

Yes, CBT for anger management can be conducted in group therapy settings, which can provide social support, shared experiences, and opportunities to practice new skills in a safe environment.

How can someone find a qualified therapist for CBT anger management?

To find a qualified CBT therapist for anger management, individuals can search professional directories, consult their healthcare provider, or seek recommendations from mental health organizations, ensuring the therapist is licensed and experienced in CBT.

Additional Resources

****Cognitive Behavioral Therapy for Anger Management: An In-Depth Review****

cognitive behavioral therapy for anger management has emerged as a prominent psychological intervention designed to help individuals recognize, understand, and regulate their anger in healthier ways. As anger issues continue to impact millions globally—affecting personal relationships, work environments, and overall well-being—exploring effective treatment modalities is essential. Cognitive Behavioral Therapy (CBT) stands out due to its structured, evidence-based approach that targets the cognitive processes fueling emotional reactions. This article delves into the nuances of CBT for anger management, examining its mechanisms, effectiveness, and practical applications.

Understanding Cognitive Behavioral Therapy for Anger Management

Cognitive Behavioral Therapy is a psychotherapeutic approach that focuses on identifying and modifying dysfunctional thoughts and behaviors. When applied to anger management, CBT works by helping individuals pinpoint the irrational or distorted beliefs that trigger anger responses. Instead of merely addressing the symptoms of anger, CBT aims to transform the underlying thought patterns that precipitate aggressive or hostile reactions.

This therapy typically involves a combination of cognitive restructuring—challenging and changing unhelpful thoughts—and behavioral techniques such as relaxation training, problem-solving skills, and exposure to anger-provoking situations in a controlled manner. By integrating these strategies, clients learn to manage their anger proactively rather than reactively.

The Cognitive Model: Linking Thoughts, Emotions, and Behavior

At the core of CBT lies the cognitive model, which explains how thoughts influence emotions and behaviors. For anger management, this model posits that when individuals encounter a triggering event, their automatic thoughts—often biased or exaggerated—can escalate feelings of anger. For instance, interpreting a colleague's brief comment as a personal attack may provoke an intense emotional reaction, leading to verbal or physical outbursts.

CBT helps clients become aware of these automatic thoughts and evaluates their accuracy. Through guided questioning and evidence-based techniques, individuals learn to challenge irrational beliefs, such as catastrophizing or black-and-white thinking, and replace them with balanced perspectives. This cognitive shift reduces emotional intensity and promotes more adaptive behavioral responses.

Effectiveness of CBT in Managing Anger

A substantial body of research supports the efficacy of cognitive behavioral therapy for anger management across diverse populations. Randomized controlled trials have demonstrated that CBT significantly reduces the frequency, intensity, and duration of anger episodes. Moreover, it improves emotional regulation, interpersonal functioning, and overall psychological health.

Compared to other therapeutic approaches like psychodynamic therapy or pharmacological interventions, CBT offers several advantages. Its structured and time-limited nature makes it accessible and cost-effective. Patients often benefit from acquiring practical skills that can be generalized beyond therapy sessions, fostering long-term resilience against anger triggers.

However, like any treatment, CBT is not a one-size-fits-all solution. Some individuals may require adjunctive therapies or longer-term support, especially if anger is linked to deep-rooted trauma, personality disorders, or substance abuse.

Key Components of CBT for Anger Management

The therapeutic process typically encompasses several core components tailored to address anger-related challenges:

- **Assessment and Psychoeducation:** Initial sessions focus on understanding the client's anger patterns, triggers, and consequences. Psychoeducation informs clients about the nature of anger and the CBT model.
- **Cognitive Restructuring:** Clients learn to identify distorted cognitions, such as "I must always get my way," and develop more balanced thoughts.

- **Relaxation Techniques:** Methods like deep breathing, progressive muscle relaxation, and mindfulness reduce physiological arousal accompanying anger.
- **Behavioral Skills Training:** Problem-solving, assertiveness training, and communication skills help clients express needs without aggression.
- **Exposure and Response Prevention:** Gradual exposure to anger-provoking situations allows clients to practice coping strategies in real life.

These elements work synergistically to empower individuals to regulate their emotional responses and prevent destructive behaviors.

Applications and Adaptations of CBT for Diverse Populations

Cognitive behavioral therapy for anger management is versatile and has been adapted for various demographic groups. For example, CBT protocols tailored for adolescents often incorporate family involvement and address developmental challenges. In forensic settings, anger management CBT programs aim to reduce violent recidivism by addressing cognitive distortions associated with aggression.

Moreover, therapists may integrate technology-enhanced tools such as online modules and mobile apps that support homework assignments and real-time monitoring of anger episodes. This hybrid approach increases accessibility and engagement, especially in underserved areas.

Comparing CBT to Other Anger Management Strategies

While CBT is widely regarded as a gold standard, other approaches exist, including:

- **Dialectical Behavior Therapy (DBT):** Emphasizes emotional regulation and distress tolerance, useful for individuals with comorbid borderline personality disorder.
- **Mindfulness-Based Stress Reduction (MBSR):** Focuses on present-moment awareness to reduce reactivity.
- **Pharmacotherapy:** Certain medications can help manage underlying psychiatric conditions contributing to anger but do not address cognitive patterns directly.

When compared to these, CBT's strength lies in its comprehensive focus on cognition and behavior, with a clear framework for skill acquisition and relapse prevention.

Challenges and Considerations in CBT for Anger Management

Despite its proven benefits, cognitive behavioral therapy for anger management faces several challenges. One common barrier is client motivation; individuals who do not perceive their anger as problematic may resist engaging fully in therapy. Additionally, cultural factors influence how anger is expressed and understood, requiring therapists to adapt interventions sensitively.

Furthermore, some critics argue that CBT's structured format may overlook deeper emotional issues or systemic factors contributing to anger. Integrating CBT with other therapeutic modalities or community support might enhance outcomes for complex cases.

Future Directions in CBT for Anger Management

Emerging research explores integrating neurobiological insights into CBT to personalize treatment. For example, understanding how brain regions involved in impulse control respond to therapy could refine intervention strategies. Advances in virtual reality (VR) technology also offer promising avenues for immersive anger management training in simulated environments.

Additionally, expanding access through teletherapy and digital platforms continues to be a priority, especially in light of global mental health challenges.

Cognitive behavioral therapy for anger management remains a cornerstone in psychological treatment, providing individuals with effective tools to transform their relationship with anger. Its adaptability, empirical support, and focus on practical skills ensure it will continue to evolve and meet the needs of diverse populations facing anger-related difficulties.

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neurotransmitters to regulate your anger effectively. - Channel Anger Constructively: Develop self-awareness, build emotional resilience, and use proven techniques like progressive relaxation and mindfulness to manage anger. - Conquer Anxiety with CBT: Gain a deep understanding of anxiety disorders and learn how CBT can unravel the root causes, helping you reclaim control over your life. - Overcome Depression: Explore seven common CBT techniques to challenge negative thought patterns, boost your emotional intelligence, and foster a positive mindset. - Rewire Your Brain for Lasting Change: Tap into the power of neuroplasticity to reframe negative patterns, tackle intrusive thoughts, and achieve long-term emotional stability. Imagine a life where you have full control over your emotions, where anxiety, depression, and anger no longer dictate your actions. With Anger Management & CBT, you can create a future filled with emotional balance, healthier relationships, and a profound sense of well-being. If you enjoyed *Feeling Good* by David D. Burns, *The Anxiety and Phobia Workbook* by Edmund J. Bourne, or *The Dance of Anger* by Harriet Lerner, you'll find Anger Management & CBT to be an essential resource on your journey to emotional freedom. Take the first step toward mastering your emotions and building happier relationships by grabbing your copy of Anger Management & CBT today!

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cognitive behavioral therapy for anger management: **The CBT Workbook for Anger Management** Nixaly Leonardo LCSW, 2022-02-15 Take control of your anger with cognitive behavioral therapy exercises Everyone gets angry sometimes, but when angry outbursts start to affect your well-being and your relationships, it can be tough to rein those feelings in on your own. The CBT Workbook for Anger Management can help you stay clearheaded in upsetting situations with easy cognitive behavioral therapy techniques you can use any time anger strikes. What sets this book apart: The power of CBT—Learn why CBT is the ideal therapy for anger management and how it can help you reframe your thoughts, feelings, and behaviors in the moment. Hands-on healing—Explore an organized, write-in workbook format that features journal entries and open-ended questions to inspire reflection and understanding. Better communication—Find tips and advice for processing your emotions as they arise and resolving conflicts effectively. Get started today with evidence-based anger management techniques that can help you feel calm and in control in every scenario.

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adolescents experiencing anger problems. Comprising 10 child sessions and three parent sessions, the treatment addresses anger management, problem solving, and social skills. Sessions are described in step-by-step detail, complete with helpful case examples and therapist scripts. The authors show how to flexibly implement a range of cognitive and behavioral strategies while maintaining treatment fidelity. Reproducibles include 38 worksheets and handouts, plus therapist checklists and parent forms, all in a convenient large-size format for easy photocopying.

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cognitive behavioral therapy for anger management: PSYCHOLOGICAL SUPPORT BY COGNITIVE BEHAVIORAL THERAPY FOR MUSCULAR DYSTROPHY Edenilson Brandl, Muscular dystrophy (MD) encompasses a group of genetic disorders characterized by progressive muscle degeneration and weakness. As individuals and families navigate the complexities of this condition, they often encounter not only physical challenges but also significant psychological and emotional hurdles. The psychological support provided through Cognitive Behavioral Therapy (CBT) plays a crucial role in addressing these multifaceted issues, helping individuals with muscular dystrophy cope with their unique experiences, manage associated trauma, and foster resilience. This book, Psychological Support by Cognitive Behavioral Therapy for Muscular Dystrophy, aims to serve as a comprehensive guide for therapists, healthcare professionals, and caregivers working with

individuals affected by muscular dystrophy. It synthesizes current research in genetics, biology, and psychology to provide a thorough understanding of the condition and its implications for mental health. By integrating CBT techniques, we offer practical tools and strategies to help patients and their families navigate the psychological landscape of muscular dystrophy, promoting mental well-being and enhancing quality of life. The structure of this book is organized into key topics that encompass both the scientific underpinnings of muscular dystrophy and the therapeutic approaches that can be employed to support individuals coping with its effects. Each chapter is designed to build upon the last, providing readers with a holistic perspective on how genetic and biological factors interact with psychological health. In our exploration of topics such as trauma, the biology of muscular dystrophy, and various therapeutic techniques, we highlight the importance of personalized approaches. Recognizing that every individual's journey with muscular dystrophy is unique, we encourage flexibility in therapeutic methods, allowing for tailored interventions that meet the specific needs of patients. The following chapters will delve into the complexities of genetics, the emotional challenges associated with living with a chronic condition, and the powerful role that cognitive-behavioral strategies can play in promoting mental resilience. We also provide practical tools and exercises that can be easily integrated into therapy sessions or used by individuals and their families for self-help. This book is not only for therapists but also for anyone involved in the care and support of individuals with muscular dystrophy, including family members, friends, and educators. By fostering a better understanding of the psychological challenges faced by those with muscular dystrophy, we hope to empower caregivers and healthcare professionals to provide more compassionate, effective support. As you embark on this journey through the pages of this book, we invite you to engage with the material, reflect on the experiences shared, and consider how you can apply the knowledge gained to support individuals with muscular dystrophy in their pursuit of a fulfilling and meaningful life. Thank you for your commitment to understanding and supporting those affected by muscular dystrophy. Together, we can make a significant difference in the lives of individuals navigating this complex condition.

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tailored specifically for individuals affected by LCH, empowering them to reclaim control over their emotional well-being and navigate the complexities of their genetic journey. The initial chapters offer foundational knowledge about LCH, including its biology, trauma implications, and the role of genetics. As we delve deeper into the psychological aspects, we present a structured approach to CBT, detailing techniques, tools, and personalized strategies designed to facilitate healing and resilience. The practical tools provided throughout this book are intended to be utilized by patients, caregivers, and healthcare professionals alike. This book is not only a resource for understanding LCH but also a guide for fostering mental health in the face of adversity. It is our hope that readers will find the information presented herein to be valuable, enlightening, and, most importantly, empowering. Together, we can transform the narrative around LCH, focusing not only on the challenges but also on the potential for growth, resilience, and hope. Thank you for embarking on this journey with us. Your courage in facing LCH and seeking support is a testament to your strength, and we believe that through knowledge and therapeutic practices, we can pave the way for a brighter future for those affected by this condition.

cognitive behavioral therapy for anger management: Cognitive Behavioral Therapy

George Wiseman, 2019-10-24 Do you worry too much about things happening daily and sink into a mental state of sadness? Do you ever think I'm a failure? Cognitive behavioral therapy (CBT) aims to help you identifying recurring thoughts and dysfunctional patterns of reasoning and perception of reality, in order to replace them and / or integrate them with more functional beliefs. CBT has taken a role of primary importance for the treatment of anxiety disorders, as attested by recent documents released by the World Health Organization. With these habits, you will clearly know how you can best guide your community and give priority to what is most important to achieve your goals. This is what you will learn in Cognitive Behavioral Therapy, which is part of the Emotional Intelligence series. The goal of this books' series is simple: we will teach you habits, mentality and actions to better recognize, feel better emotions and use them to improve yourself and others. You will learn: -How to overcome the state of sadness -How to eliminate negative automatic thoughts -How to control painful emotions -How to Develop an Unbeatable Mind-To improve Focus and Concentration-How to Manage Yourself Cognitive Behavioral Therapy is a book full of content with exercises that will have an immediate and positive impact on your mentality and on your working environment. We are looking for practical actions that can create real and lasting changes if you practice regularly. Would you like to know more? Retrain Your Brain Through Effective Psychotherapy. Scroll to the top of the page and select the Buy Now button.

cognitive behavioral therapy for anger management: PSYCHOLOGICAL SUPPORT BY COGNITIVE BEHAVIORAL THERAPY FOR SPINOCEREBELLAR ATAXIA Edenilson Brandl, Living with spinocerebellar ataxia (SCA) can feel like an unpredictable journey, one often filled with emotional and physical challenges that extend beyond the symptoms themselves. This book, Psychological Support by Cognitive Behavioral Therapy for Spinocerebellar Ataxia, aims to provide a roadmap for navigating these challenges through the lens of Cognitive Behavioral Therapy (CBT). While SCA primarily affects coordination and balance, its impact on mental health and overall well-being can be profound, underscoring the importance of psychological support. Drawing from the principles of CBT, this book offers practical guidance for managing the many facets of life with SCA, from coping with chronic pain to facing changes in identity and relationships. Understanding the genetic underpinnings of the disease, how hereditary and environmental factors intersect, and the role of epigenetics provides a foundation for appreciating the complexity of SCA. At the same time, CBT introduces structured methods to handle the emotional impact of genetic diagnoses and the mental strain that can accompany treatment decisions, physical limitations, and the pressures of living with a rare disease. The topics covered in this book range widely—from the basics of genetics and behavioral genetics to specific CBT tools designed to foster resilience, enhance mental flexibility, and promote emotional regulation. You'll find techniques for pain management, strategies for tackling feelings of isolation or frustration, and tools to build a personalized approach to therapy. With a blend of scientific insights and practical exercises, this guide addresses many of the unique

needs of those with SCA and their loved ones. The journey with SCA is a deeply personal one, and each individual's experience is unique. This book is designed to be a supportive resource, adaptable to various stages and challenges, helping you build a toolkit for a more empowered and fulfilling life.

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where we will teach you how to make sure your child does not follow in your footsteps. Though the process will take well over a year to complete, this book will guide you through the most difficult times of it. Each chapter brings with it detailed lists and lessons that will aid you. Though I will never claim that the lessons will be easy or quick, they will be worth it. The lessons that you will learn in this book will help you far after you have finished this book. Beyond just yourself, you will learn to help your children and extended family. And if you get confident enough and sturdy enough in what you have learned, you can join focus groups and tell the story of how it is done. And finally, you will begin to have new memories that you can remember instead of the harsh ones that you carry with you now. To be released of the turmoil that those memories send you nightly. You will remember instead of your child telling you they love you, and you know they mean it. New hobbies and activities that your children will ask you to join them with as they will no longer fear your outbursts but rather cherish your laughter. Your bridges will be stronger than ever, and instead of them leaving and never returning, you shall be with them when your grandchildren come into the world. That is the hope that conquering your anger and mastering your emotions should give you. And that is what this book will give you, a chance, if you follow the steps, of a better future.

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