



# Anger Management Workbook

*Mr Bajeerao Patil*

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# Anger Management Workbook

*Mr Bajeerao Patil*

## **Anger Management Workbook** Mr Bajeerao Patil

This anger management workbook explains what is anger. The stages of anger and how poorly handled anger affects overall quality of life. How it hurts and burns the relationships. Causes heartache and regrets. How it makes the angry person feel powerful temporarily. How anger impairs judgment and doesn't allow angry person make well thought out decisions. Further, this anger management book has several exercises and tests that aim at helping the readers to recognize their own anger issues and find the solution to manage their anger effectively. It helps the readers to understand the devastating consequences of poorly managed anger and encourages the readers to gain control over their anger through simple suggestions.

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