



DOWNLOAD



Anger Management Workbook for Men: Take Control of Your Anger and Master Your Emotions (Paperback)

By Lcpc Aaron Karmin

Callisto Media Inc., United States, 2017. Paperback. Book Condition: New. 234 x 188 mm. Language: English . Brand New Book. "Aarons experience treating anger is second to none."

Dr. Nathan R. Hydes, PhD; US Navy Psychologist A Modern, No-nonsense Anger Management Workbook Written Specifically for Men Are you ready to take control of your anger? Clinical Therapist Aaron Karmin teaches you the skills to manage your anger without aggression and build up your self-confidence, self-control and self-respect. The Anger Management Workbook for Men goes beyond why men get angry and helps you get to the root of your anger by including: Invaluable information and assessments to help evaluate your anger Concrete examples of productively expressing anger Clinical examples of anger management strategies The Anger Management Workbook for Men will give you positive and productive anger management tools to strengthen the most important and most overlooked relationship in your life your relationship with yourself.



READ ONLINE

[3.92 MB]

Reviews

The ebook is easy to read through preferable to understand. It is actually written in straightforward words and never hard to understand. I realized this publication from my dad and I encouraged this ebook to understand.

-- Dr. Fausto Jenkins Sr.

This book is definitely worth buying. This really is for all who state there had not been a worthy of studying. You will not sense monotony at any moment of the time (that's what catalogs are for concerning should you check with me).

-- Mr. Martin Baumbach