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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 and 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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preventing relapse into anger, and many other relevant, timely topics.

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Participant's Journal and DVD. [Covington, S. (2014). Hoboken, NJ: Wiley] Beyond Anger & Violence is a manualized curriculum for women who are struggling with the issue of anger and who are in community settings (outpatient and residential substance abuse treatment programs, domestic violence shelters, mental health clinics, etc.). Beyond Anger & Violence is the first manualized intervention for women that focuses on anger, as well as the trauma they may have experienced.

Stephanie Covington, Ph.D., L.C.S.W. □ Beyond Anger and ...

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and updated edition of the popular self-help book for men that addresses contemporary issues and how they impact the way men deal with anger Men tend to express their anger differently than women do. Research shows men are often more violent an...

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Thomas J Harbin Some of the examples are a bit extreme as the author has worked in prisons etc.

However, this is a well organised and useful book for men wanting to work on and understand more about their anger.

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It's Not Personal!: A Guide to Anger Management
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