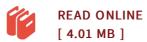




## **Anger Management**

By Swati Y. Bhave and Sunil Saini

Sage Publications, New Delhi, India, 2009. Paperback. Book Condition: New. First Edition. Anger management is a term that connects to us instantly since it talks about the commonest emotion that we encounter in the present time, both within and without: anger. Laying out a host of effective tips to manage anger, this book comes with the power to change things for the better. The key features of the book are: " The explanation of the confusing emotion of anger in simple terms, including the physiology of anger and its deleterious effects; alongside, it also shows how anger varies with age group, gender etc. " Discussions on detail anger management techniques for individuals, for family, and at school and workplace. " Elaboration of easy tips to master anger where there is chronic anger and unhappiness translating into negative human behavior like adolescents falling in abusive love relationships, dating violence, date rape, drug abuse, driving aggression, robbery, gambling, suicidal ideation, sensation seeking and other impulse control behaviors. " Delineation of A to Z tips for self management of anger. " Discussion on how people can reconstruct their negative thoughts, feelings and behaviors and emphasis on therapeutic intervention for serious anger problems. This...



## Reviews

This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.

-- Lillie Toy

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- Miss Marge Jerde