



Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life

Thomas J. Harbin

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Men tend to express their anger differently than women do. Research shows men are often more violent and less willing to confront and deal with their emotions than women. 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. It helps men control violent feelings by using simple exercises - developed especially for men - to identify when and why anger occurs and by helping them form new habits to prevent anger before it starts. Women, too, will learn essential strategies for understanding and helping the angry men in their lives. *Beyond Anger* is honest, tough, and real.

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Jo Daigneault:

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Frederick Warren:

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Robert Auclair:

Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you might have done when you have spare time, in that case why you don't try factor that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life, you are able to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't buy it, oh come on its named reading friends.

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