

Download Taking Charge Of Anger How To Resolve Conflict Sustain Relationships And Express Yourself Without Losing Control

This proven program shows you how to stand up for yourself without losing your temper. Put a lid on destructive anger once and for all with fine-t If anger is starting to rule your life, or someone else has urged you to "get a grip--or else," anger expert Dr. Robert Nay has a six-step plan that can help you regain control, even in the most stressful, hot-button situations."Taking charge of your anger is a journey,' Robert Nay observes. Your patients who have problems with anger control and aggression could not do better than to take this journey by reading this practical, engaging, user-friendly guide.Taking Charge of Anger: How to Resolve Conflict, Sustain Relationships, and Express Yourself Without Losing Control W. Robert Nay Guilford Publications , 2004 - Self-Help - 246 pagesTaking Charge of Anger: How to Resolve Conflict, Sustain Relationships, and Express Yourself without Losing Control by W. Robert Nay If anger is starting to rule your life, or someone else has urged you to "get a grip—or else," anger expert Dr. Robert Nay has a six-step plan that can help you regain control, even in the most stressful, hot ...