

Honor Your Anger How Transforming Your Anger

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Honor Your Anger How Transforming

In this provocative and groundbreaking book, respected author and therapist Beverly Engel shows that anger is a normal and healthy emotion- and that the inability to recognize your anger and express it in direct and appropriate ways can turn it into a disruptive and destructive force in your life. Instead of demonizing anger, Honor Your Anger shows you how to use your anger to improve your life.

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1. Even though you may not be clear at this point on what your specific anger style is, spend some time thinking about... 2. Make a list of the negative physical, emotional, and behavioral consequences of the way you currently handle your...

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Honor Your Anger: How Transforming Your Anger Style Can ...

Honor Your Anger : How Transforming Your Anger Style Can Change Your Life, Paperback by Engel, Beverly, ISBN 0471668532, ISBN-13 9780471668534, Brand New, Free shipping in the US The author scrutinizes anger-management styles, outlining a simple plan for changing one's anger style to avoid violent outbursts, fear of expressing anger, and passive aggressive behaviors, as well as other destructive forms of anger.

Honor Your Anger : How Transforming Your Anger Style Can ...

1. Even though you may not be clear at this point on what yourspecific anger style is, spend some time thinking about howthe way you deal with your anger has affected your life. 2. Make a list of the negative physical, emotional, and behavioralconsequences of the way you currently handle your anger.

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Honor your anger : how transforming your anger style can change your life. [Beverly Engel] -- Honor Your Anger is a clearly written, insightful look at a topic that concerns everyone. You can indeed learn to understand and manage your anger, and this book will show you how."--Robert Epstein, ...

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Transforming Anger Retreat features practical ways on how you can dissolve your anger, feel peace, calmness, patience and overall balance. This Spiritual Retreat is based on the teachings of enlightened master Acharya Shree Yogeesh.