



**Get Help For Anger Problems: A Book To Help  
You Understand Anger Management In Kids,  
Anger Management At Work, How To Deal With  
Angry People Plus How ... Counseling And Many  
Other Anger Techniques**

*David S. Perry*

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*David S. Perry*

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What is your anger all about? Is it unrestrained? Does it pose a threat to you and to other people? This is the very first thing you need to do: Ask yourself the critical question of whether you present a threat to yourself or to those around you when your anger finds you. If your reply is yes, then you need to look for professional help from an anger management counselor sooner than later. Do so before you injure your life and perhaps somebody else's. Anger is a basic human emotion and a natural response to situations beyond our control. Everybody has likely felt anger at one time or another. While particular individuals get angry more often than others and have regular, intense outbursts, others tend to bottle their feelings and then blow up or flare up without warning. Depending upon how it's dealt with and expressed, anger may be favorable or damaging. It has favorable effects when angry feelings help you address an issue with yourself or a different individual and correct the situation. On the other hand, unrestrained anger leads to assorted unhealthy behaviors like violence and aggression. When anger interferes with your power to think or act clearly, this may cause you unnecessary trouble. Admitting that you have a personality that is prone to anger and then realizing the need to actively work towards anger management in order to live a more pleasant life, makes all the difference in dealing with anger successfully.

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