



# Anger Management

*Madhur Gupta*

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# Anger Management

*Madhur Gupta*

## **Anger Management** Madhur Gupta

Excessive anger destroys relationships, careers, health and inner peace. it saps the joy of living, leaves you feeling ashamed and foolish, and turns everyday's challenges into explosive battlegrounds. Anger Management book reduces levels of anger, especially in provocative situations. People will learn effective coping behaviors to stop escalation and to resolve conflicts. Graduated homework assignments allow participants to apply their newly acquired skills. Participants to apply their newly acquired skills. This book has been designed with following features : Designed especially for Kids and Teens, Learn important life skills for career and relationships, Learn how to halt escalation in angry situations, Learn how to identify and deal with trigger thoughts, Learn the real reasons underneath the angry feelings and monitor angry feelings using the Anger Log

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