



Essentials of Anger Management

By Shyam Bhatawdekar

Createspace. Paperback. Condition: New. This item is printed on demand. 36 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Anger is largely a negative emotion. Unbridled anger can do serious harm to the person who gets angry. It may also harm the person or the event you are angry with. Extreme as well as frequent anger can deteriorate your overall health pretty hopelessly and make you do quite nasty things that are not in line with your usual characteristics. This makes a strong case for Anger Management. Everyone must learn how to control and manage ones anger. Managing anger not only keeps you away from its dangers but also results in many benefits. Therefore a thorough knowledge of Anger Management becomes imperative. To facilitate gaining the knowledge in this vital subject in the shortest time, authors Shyam Bhatawdekar and Dr Kalpana Bhatawdekar included only the essentials of Anger Management in the book. The authors are top-notch business executives, successful entrepreneurs, highly sought after business and management consultants, eminent management gurus and scholars, authentic human behavior experts and prolific authors. And so the book becomes an authentic document on the subject. This item ships from La Vergne, TN. Paperback.



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