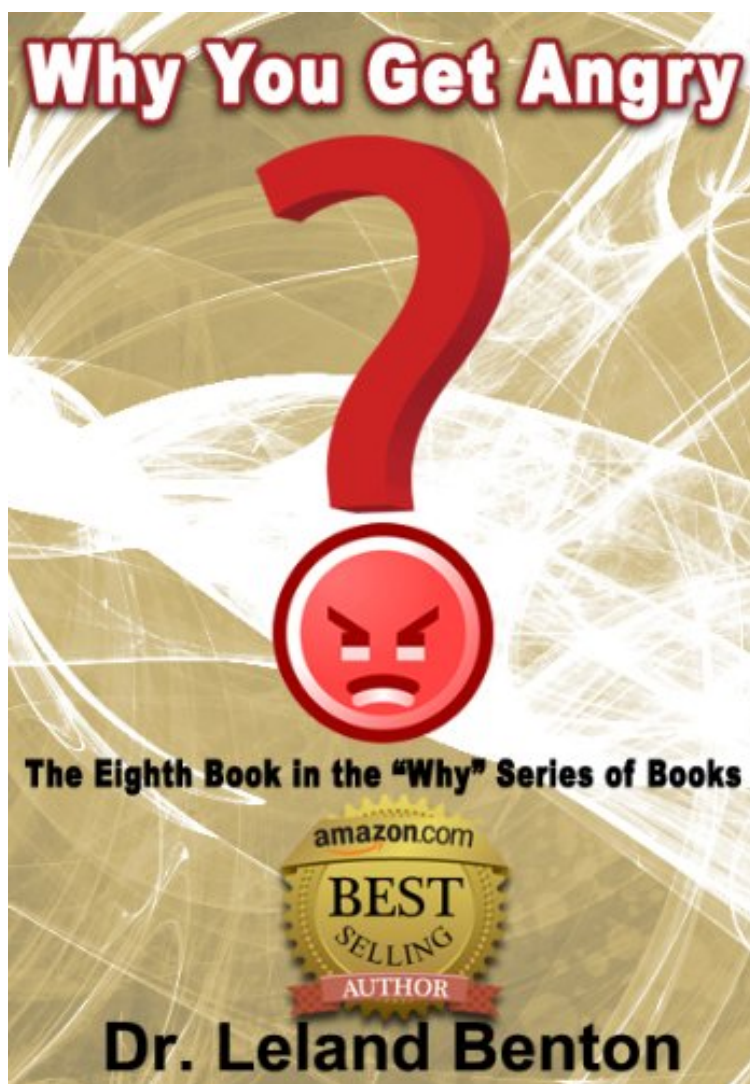


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# Why You Get Angry Book 8: Emotions and Feelings ("Why" series of books) (English Edition)



*Par Dr. Leland Benton*  
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## Description :

Prsentation de l'diteurEmotions and Feelings Why You Get Angry is all about anger, anger definition, anger management, anger therapy, controlling anger, emotions and feelings, and mood disorders. It defines anger for its readers in a different light and demonstrates where anger comes from within the human psyche. In order to conquer anger, one must first know all about anger and this book is designed to teach you why you get angry and how to control this anger or do away with it completely. Written by one of the nations leading behavioral scientists, Dr. Leland Benton is the author of over two dozen self-help books and nonfiction

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