

Keeping Your Cool: The Anger Management Workbook By A. J. Finch Jr.

By A. J. Finch Jr.

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Keeping Your Cool : The Anger Management Workbook, Therapist Manual for "Keeping Your Cool": The Anger Management Workbook W. Michael and Alfred J. Finch

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About The Author. Elizabeth Lowman is a freelance writer whose work has been featured on national outlets such as Forbes and The Huffington Post.

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