

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

By A. J. Finch Jr.

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Keeping Your Cool When Your Anger is HOT! | -

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Keeping Your CoolWhen Your Anger Is Hot! -

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Keeping Your Cool | Mind Your Anger -

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and resulting problems of a client's anger (see Anger Management 1: *N = NOTICE your body's reactions to anger *K = KEEP your "The Anger Workbook

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Advice for parents on coping with, and recognising, stress and anger and how to influence children's behaviour without creating bad feelings.

Anger Management -

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Anger Management: How to Keep Your Cool at Work -

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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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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