



It's Not Personal! : A Guide to Anger Management

Alice Katz, Alice J. Katz

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This is a practical guide and workbook written in simple language with no jargon. It shows how to get the anger and hurt out of relationships using charts, self-discovery questionnaires, imagery exercises, and anecdotes drawn from the author's work as a psychotherapist with hundreds of clients. It gives tips on dealing with family members, business associates, service workers, and drivers.

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