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Your Anger
Your Anger

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~~Your Honor Your~~

~~Righteous Anger The~~

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~~Read Aloud for~~

~~Preschoolers (books~~

~~about Anger,~~

~~emotions, feelings)~~

~~Anger Is Your Ally: A~~

~~Mindful Approach to~~

~~Anger | Juna Mustad |~~

~~TEDxWabashCollege~~

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Full Episode: The
Hidden Faces of
Anger (Gary Zukav) |
The Oprah Winfrey
Show | OWN

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Sunday November 15
2020 // How To Tell
What Is False in
Religious Groups //
HOW TO CONTROL
YOUR ANGER - Stoic
Quotes Add to Heart |
Week 1 God

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Undertaker 's best
American Badass
moments: WWE Top
10, April 8, 2020 Why
it's Important to
Honor Your Anger —
Don ' t Even
Recognize Myself, '—
Says Teen Who
Turned Her Life
Around After ' Dr.
Phil ' Appearance

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Darkness - Matt Kahn

~~/"It Goes Straight to
Your Subconscious
Mind/" - /"I AM/"~~

~~Affirmations For
Success, Wealth~~

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Seneca - How To
Control Your Anger
(Stoicism)

Sunday Morning with
Paul and Angie - Nov
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Transform Your

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~~Anger Into an Asset~~

~~Jack Kornfield — Ep.~~

~~8 — Transforming~~

~~Darkness Marked |~~

~~Savage Jesus | Pastor~~

~~Michael Todd~~

~~Reporter asks~~

~~Melania Trump: Do~~

~~you love your~~

~~husband? November~~

~~15, 2020 — 3PM~~

~~Sunday Online~~

~~Worship Service~~

~~Honoring Your~~

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Honor Your Anger

How Transforming

Your Anger

Sharing inspiring, real-

life stories and

positive action steps,

Engel not only guides

you step by step

through the process

of discovering your

primary and

secondary anger

styles but provides

the practical advice

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and emotional
support you'll need
to: Modify or
transform an
aggressive anger
style Turn passivity
into assertiveness
Recognize and modify
passive-aggressive
behavior Transform a
projective-aggressive
style Deal with other
people's anger Move
beyond anger

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concerns everyone.

You can indeed learn

to understand and

manage your anger,

and this book will

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show you how."

-Robert Epstein,
Ph.D., West Coast
Editor, "Psychology
Today", Director
Emeritus, Cambridge
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Change Your Life -
Ebook written by
Beverly Engel. Read
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1. Even though you may not be clear at this point on what your specific anger style is, spend some time thinking about how the way you deal with your anger has affected your life. 2. Make a list of the negative physical, emotional, and behavioral consequences of the

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Anger How
way you currently
handle your anger.

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Psychology Today,
Director Emeritus,
Cambridge Center for
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--Robert Epstein,
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[Beverly Engel] --

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