



Anger Intelligence: The Workbook: Changing the Way You **THINK** About Anger!

Neca C Smith

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The Anger Intelligence(tm) Workbook is designed as a guide to help you reduce anger by changing and transforming your life! From the back cover: "Are you finally ready to embark on the journey of taking control of your anger?" Anger Intelligence(tm): The Workbook will not only help you reduce your anger but it will also assist you in transforming your life and your relationships. This workbook will introduce you to a concept in the field of anger management known as Anger Intelligence(tm). It contains lessons, exercises and activities based on the five principles of Anger Intelligence. The goal of this workbook is to serve as a catalyst to the change in your life you so deserve, by helping you "Change the way you THINK about anger!" Anger Intelligence™: The Workbook can be used on your own or in an Anger Intelligence™ class, coaching (phone, webcam or in person) or counseling session. It can also be used in workplace anger and conflict management training. The workbook is divided into 12 sections. The first section is the "Anger Intelligence™ System Analysis". Complete this section first as it will give you an picture of where you are in regards to how you think, feel and behave in anger. The next section, "What is Anger Intelligence™?", provides an overview of anger, anger management and the Anger Intelligence™ principles. The following 10 sections are comprised of the 5 Anger Intelligence™ principles in depth replete with lessons, exercises and activities.

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