



# Beating Anger: The Eight-Point Plan for Coping with Rage

*Mike Fisher*

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# Beating Anger: The Eight-Point Plan for Coping with Rage

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## **Beating Anger: The Eight-Point Plan for Coping with Rage** Mike Fisher

We all feel angry at times. It can be an uncomfortable emotion. Here is the perfect book to help anyone from 16-75 years old to beat their anger—or help anyone else to do the same. It explains what anger is, what triggers it, the various different types of anger, how to heal emotional aggression, and the 8 Golden Rules of Anger Management.

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