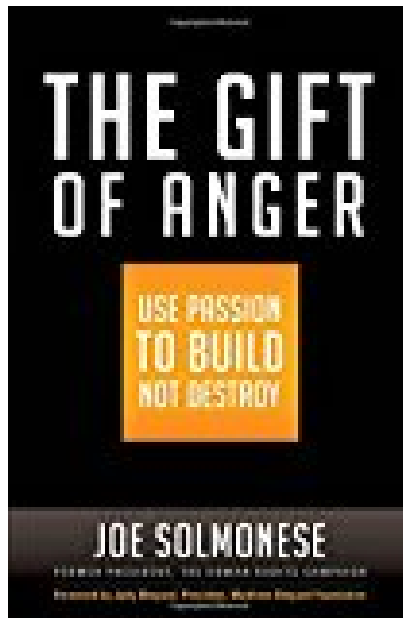


# The Gift of Anger Use Passion to Build Not Destroy Agency Distributed

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## BOOK DETAILS

- Author : Joe Solmonese
- Pages : 208 Pages
- Publisher : Berrett-Koehler Publishers
- Language : English
- ISBN : 1626565880



## **BOOK SYNOPSIS**

The Gift of Anger shows you how to discover the deeper meaning behind your anger, and change the relationships and situations in your life that frustrate you. In seven simple and effective steps, this book guides you past any level of anger, from mild irritation to rage, and toward a balanced approach to using anger for greater understanding and well-being. By learning to see anger as a gift, you'll be able to: Regain emotional balance after becoming angry; Identify and name the unmet needs at the root of your anger; Create an action plan for ensuring your needs are met; and Understand and forgive others and have compassion for yourself.

### **THE GIFT OF ANGER USE PASSION TO BUILD NOT DESTROY AGENCY**

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