

The Anger Trap Free Yourself From Frustrations That Sabotage Your Life Frank Minirth

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The Anger Trap Free Yourself

Free Yourself from THE ANGER TRAP Dr. Les Carter—nationally recognized expert on the topics of conflict resolution, emotions, and spirituality, and coauthor of the bestselling The Anger Workbook—has written this practical book that shows how to overcome unhealthy anger and improve relationships.

The Anger Trap: Free Yourself from the Frustrations that ...

Dr. Les Carter's "The Anger Trap" is definitely a self-help kind of book, written for the masses and easily digestible. If you read through it like I did, about a chapter or two at a time, you can finish it in about two weeks. If you plow through it with some concentrated reading, I'd say a few days could be all you need.

The Anger Trap: Free Yourself from the Frustrations That ...

The Anger Trap examines the root causes of anger and can help you realize your patterns and break the destructive cycles of criticism, frustration, and irritation that hurt you and others around you. Drawing insight from timeless spiritual wisdom as well as cutting-edge research, Dr. Carter offers practical techniques to free you from anger, its hidden insecurities, fears, and selfishness and thereby improve the quality of your home and workplace life.

The Anger Trap: Free Yourself from the Frustrations that ...

The Anger Trap: Free Yourself from the Frustrations that Sabotage Your Life by Les Carter.

(PDF) The Anger Trap: Free Yourself from the Frustrations ...

The Anger Trap: Free Yourself from the Frustrations that Sabotage Your Life | Wiley Its easy to identify rage in people who lose their temper at traffic jams, unruly children, unresponsive coworkers, and unrealistic bosses.

The Anger Trap: Free Yourself from the Frustrations that ...

The Anger Trap : Free Yourself from the Frustrations That Sabotage Your Life by Les Carter (2004, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

The Anger Trap : Free Yourself from the Frustrations That ...

The Anger Trap : Free Yourself from the Frustrations That Sabotage Your Life by Les Carter and Frank Minirth Overview - It's easy to identify rage in people who lose their temper at traffic jams, unruly children, unresponsive coworkers, and unrealistic bosses.

The Anger Trap : Free Yourself from the Frustrations That ...

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