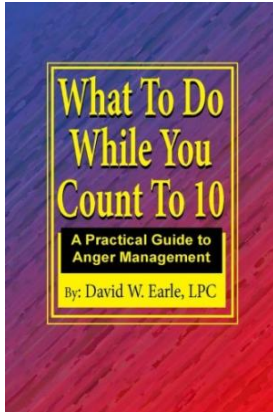


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WHAT TO DO WHILE YOU COUNT TO 10: MANAGE YOUR ANGER CHANGE YOUR LIFE



Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What to Do While You Count to 10 presents an effective system for managing strong emotions resulting in better communications, relationships, and assertiveness while decreasing tension, shame, guilt, and conflict. Thinking about anger in positive terms is alien to most people s experiences. However, a healthy expression of emotions - anger included - is a...

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- Authored by David W Earle Lpc
- Released at 2013



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