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## Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioral Techniques

By William Davies

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioral Techniques, William Davies, A Books on Prescription Title Take control of your anger and improve your quality of life Constant irritability or flashes of bad temper can cause difficulties in relationships with friends, family or colleagues and leave us feeling unhappy and exhausted. If you find yourself struggling to control your rage and often regret inappropriate reactions, this book can really help. It explains clearly what provokes anger and what you can do to prevent it. Techniques based on cognitive behavioural therapy offer a positive approach with long-term goals in mind, and show how you can stay cool and successfully handle situations that would tax even the most easy-going person. Contains a complete self-help program and monitoring sheets Based on clinically proven cognitive behavioural therapy From a trusted mental-health practitioner with experience in working with prisoners and those exhibiting extreme behaviours.



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