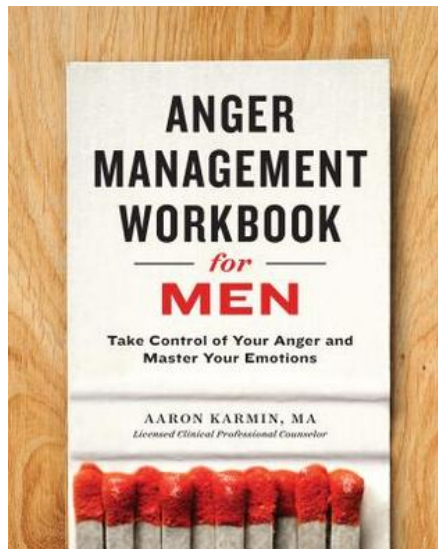




Anger Management Workbook for Men: Take Control of Your Anger and Master Your Emotions

Aaron Karmin , Nathan R. Hydes (Foreword)

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-Aaron's experience treating anger is second to none.-

- **Dr. Nathan R. Hydes, PhD; US Navy Psychologist**

A Modern, No-nonsense Anger Management Workbook Written Specifically for Men

Are you ready to take control of your anger? Clinical Therapist Aaron Karmin teaches you the skills to manage your anger without aggression and build up your self-confidence, self-control and self-respect.

The *Anger Management Workbook for Men* goes beyond *why* men get angry and helps you get to the root of your anger by including:

Invaluable information and assessments to help evaluate your anger

Concrete examples of productively expressing anger

Clinical examples of anger management strategies

The *Anger Management Workbook for Men* will give you positive and productive anger management tools to strengthen the most important and most overlooked relationship in your life-- your relationship with yourself.

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Josh says

A very informative book for one seeking understanding and practical approach in Anger Management. Comfortable flow of reading and exercises. Recommended.

william j. wheeler says

Excellent book! Highly Recommend it!!

I thought the author had lived with me my whole life after reading so many of the examples. And to know that I am not alone with this problem was liberating.

Aaron says

A lot of people probably don't want to admit to reading this, but it has been very helpful so I think it's worth a review. The writer does a good job of walking you through anger and how to manage it and what it's purpose is. As with many self help books you will only get out what you put in. I would recommend this to everyone even if you aren't trying to reduce anger and frustration in your life as the techniques and guides can be applied to almost all negative emotions.

Ahmad Fraz says

Insightful

What I liked about the book is that it recognised anger as a real emotion to be understood and not suppressed. It is true also as this book entails that many of our emotional states have origins in our childhood. It is very difficult indeed to dust off this mirror of the past and recognise that those childhood experiences that we disliked the most when our parents got angry, are the same ways that we are doing to our own children, repeating what should have been stopped.
