



Anger: Let the Tiger Out, but Keep It on a Leash

Mary Ellen Halloran

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This book will help you to understand the purpose that anger serves in your life. Whether you tend to stuff your anger or explode with it, you will find thought-provoking insight within the pages of this book. You will discover: that anger is a natural emotion; how your childhood experience of anger has influenced your experience of anger as an adult; the importance of allowing yourself to feel your anger; and how to improve your relationships by expressing your anger in respectful and effective ways.

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