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[Anger management: 10 tips to tame your temper - Mayo Clinic](#)

Anger management: 10 tips to tame your temper. Keeping your temper in check can be challenging. Use simple anger management tips from taking a timeout to using "I" statements to stay in control.

Anger Management - Self-Management Techniques | SkillsYouNeed

Anger Management: Self-Help Techniques It is important to recognise when you feel angry or experience feelings that may lead to anger. You should not try to suppress your anger but instead try to understand it and act in a positive way to alleviate negative aspects of your anger.

Popular Anger Management Books - Goodreads

Books shelved as anger-management: Just Listen by Sarah Dessen, Reality Boy by A.S. King, The Last Time I Was Me by Cathy Lamb, Ironman by Chris Crutcher

Controlling anger - Self Help Guides

Anger is a natural human response which becomes a problem when it is too strong, happens too often and lasts too long. Anger affects the way we feel, think and behave.

SELF HELP FOR ANGER

SELF HELP FOR ANGER Anger is a normal reaction and emotion. It can be very helpful as it motivates us to do something to right an injustice! It can also lead us into problems. Anger is a result of thinking that we have been unfairly treated or disrespected, or that we or others have broken or fallen short of our rules, expectations, and we won't stand for it. It is helpful to understand what

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