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Titolo	The anger solution : The proven method for achieving calm and developing healthy, long-lasting relationships. / / John Lee
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Descrizione fisica	1 online resource (2 audio files) : digital
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Altri autori (Persone)	LeeJohn
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Sommario/riassunto	This is a unique and powerful approach to Anger and rage. Discover the differences between healthy and harmful anger with John Lee's life-changing program. Therapist Lee's proven method will help anyone immediately tap into the causes of their own anger, allowing them to get a handle on the emotions that cause stress and pain. Without guilt, shame, embarrassment, resentment, or hopelessness this lecture offers groundbreaking information on controlling rage. The Anger Solution promises to be the next classic in anger management.