



The Anger Habit Workbook: Proven Principles to Calm the Stormy Mind

Carl Semmelroth Ph.D.

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The Anger Habit Workbook takes the lessons learned in The Anger Habit and applies them in workbook format, giving you a tool to identify your anger habit and work past it. The book gives 13 lessons and many exercises on the following topics:

- Learning to Own the Cause of Your Anger
- Anger and Lack of Communication in Relationships
- Reducing Anxiety by Giving Up the Social Anxiety Game
- Misery as Anger
- Self-Control by Self-Attack
- Learning to Use Your Will without Anger



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