



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

Aaron Karmin LCPC

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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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Dolores Rawson:

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Andrew Blanton:

People live in this new moment of lifestyle always try and and must have the time or they will get lots of stress from both day to day life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not really a robot. Then we request again, what kind of activity have you got when the spare time coming to you of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative with spending your spare time, the book you have read is definitely Anger Management Workbook for Men: Take Control of Your Anger and Master Your Emotions.

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