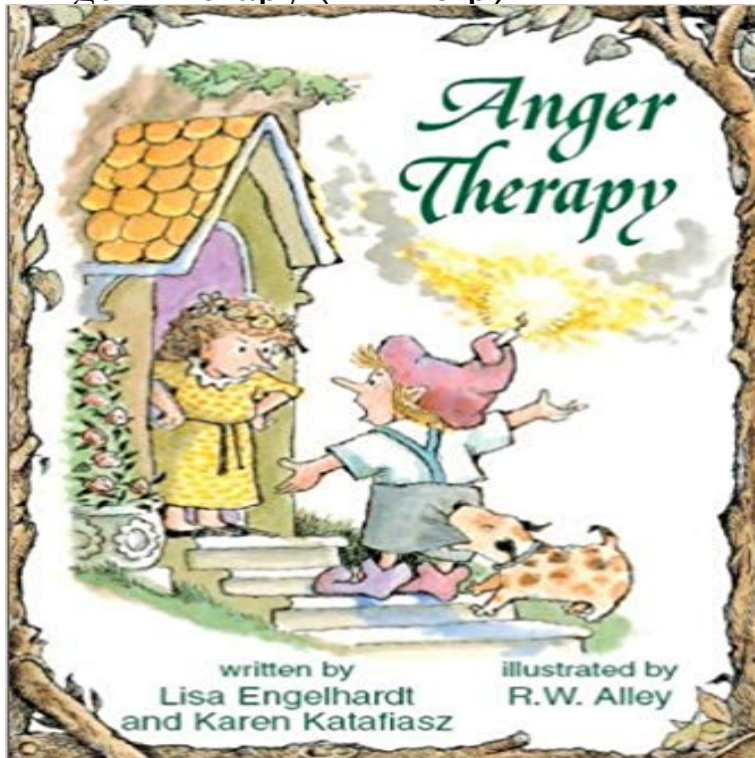


Anger Therapy (Elf-help)



Anger can be a painful and powerful emotion that leaves you feeling helpless, defeated and immobile. Here, in clear and compelling language, is a concise guide to dealing effectively with anger. Approx 80 pages.

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