

Dealing With Anger Workbook - Sandy Boone's Livingstone

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This workbook contains over 45 exercises to help teens and adults understand and work through problematic anger management behaviours. Author: Livingstone, Sandy Boone's Publisher: SL Discovery Consulting Services Illustration: N Language: ENG Title: Dealing With Anger Workbook Pages: 00104 (Unencrypted EPUB) / 00104 (Encrypted EPUB) / 00104 (Encrypted PDF) On Sale: 2013-02-21 SKU-13/ISBN: 9780968179321 Category: Self-Help : Anger Management Category: Family & Relationships : Emotions

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