



Anger Management: How Do Women Control It? (Large Print): Great Anger Management Techniques for Women

Chapman Miranda

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"Anger Management: How Do Women Control It?" is a book that provides viable solutions to women that are looking for a way to control or diffuse their anger. Both men and women are affected by different external factors which make them angry. The author however chooses as a female, to focus on what woman can do to be less stressed and less angry from one day to the next.

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