

ANGER MANAGEMENT FOR MEN

Elise Salameh

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If you, or a man close to you, has trouble controlling anger, steps must be taken to If ignored, high levels of uncontrolled anger may lead to relationship problems.

Anger, Men, and Love | Psychology Today

Did you know that keeping your anger in check is good for your health? People who manage their anger get sick less often, and feel better.

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American Psychological Association. I have had many instances throughout my lifetime in trying to understand my inner beastie, my anger, my rage. How to Become Successful. Daramus, PsyD. Your thoughts affect your feelings, which then affect your behaviors. Activities that Teach Self-Control. If your partner refuse to learn and grow, focus on. It has definitely brought us closer together!