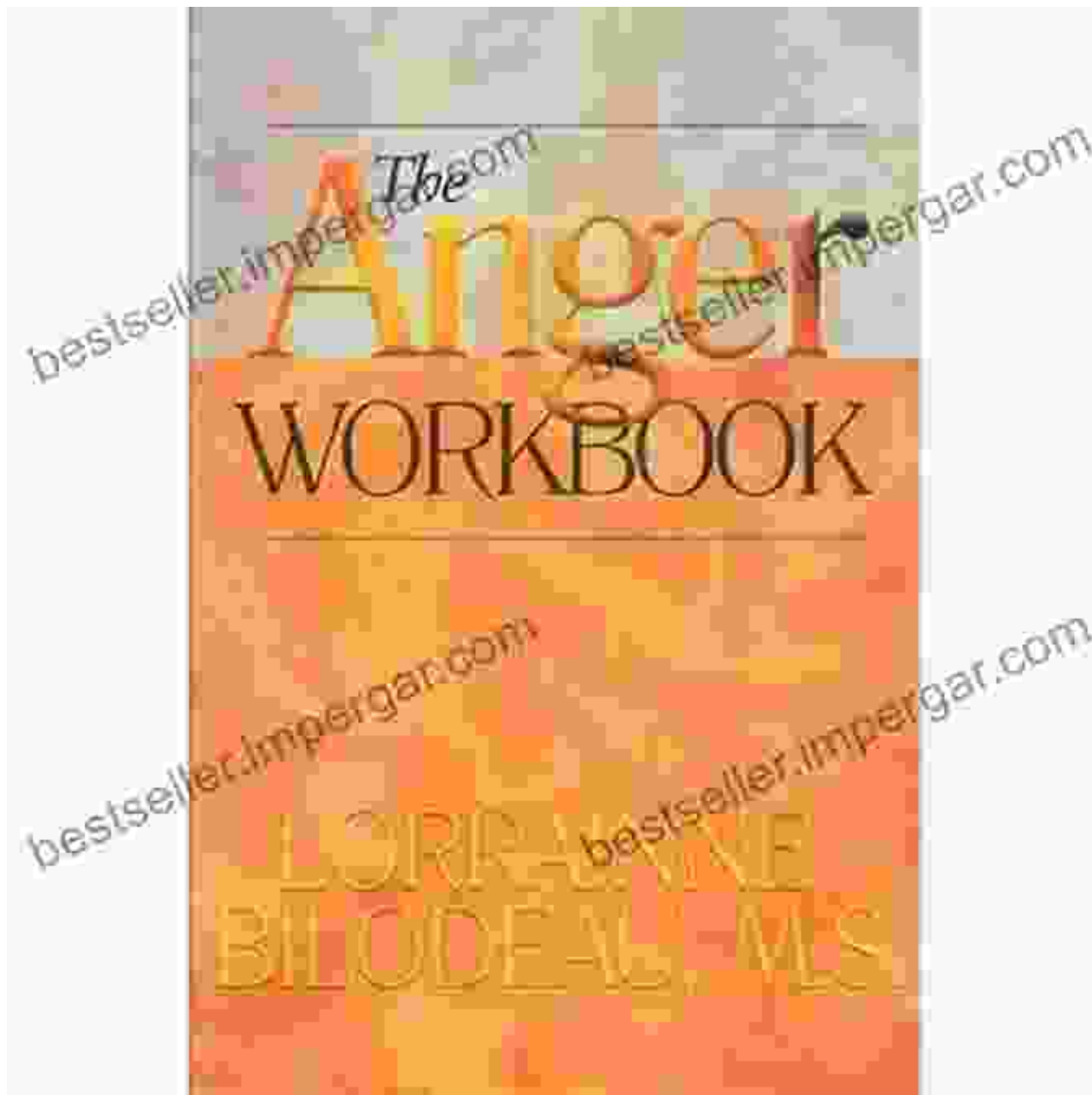


Unlock Your Inner Peace: The Anger Workbook by Lorraine Bilodeau



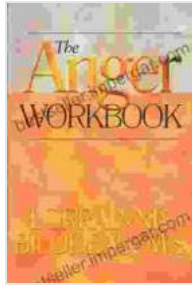
The Anger Workbook by Lorraine Bilodeau

★★★★★ 4.6 out of 5

Language : English

File size : 2779 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 132 pages



Are you struggling to control your anger? Do you feel it erupting at the slightest provocation, leaving you feeling overwhelmed and ashamed? If so, you're not alone. Millions of people struggle with anger every day, but there is hope.

The Anger Workbook by Lorraine Bilodeau is a comprehensive guide that will help you understand and manage your anger in healthy and effective ways. This evidence-based workbook is full of practical exercises and strategies that will help you:

- Identify the triggers that set you off
- Develop healthy coping mechanisms
- Learn to communicate your anger in a constructive way
- Build stronger relationships
- Live a more peaceful and fulfilling life

The Anger Workbook is a valuable resource for anyone who struggles with anger. It is a safe and supportive environment where you can learn to manage your anger and take control of your life.

What Others Are Saying About The Anger Workbook

"The Anger Workbook is a must-read for anyone who struggles with anger. It is full of practical exercises and strategies that will help you understand and manage your anger in healthy and effective ways." - Dr. John Gottman, author of *The Seven Principles for Making Marriage Work*

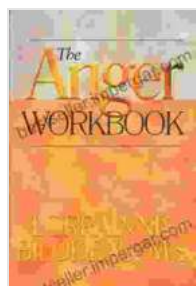
"The Anger Workbook is a game-changer for anyone who wants to learn how to manage their anger. Lorraine Bilodeau's evidence-based approach is easy to follow and incredibly effective." - Dr. Sue Johnson, author of *Hold Me Tight*

"The Anger Workbook is a lifesaver. It has helped me to understand and control my anger in a way that I never thought possible." - A.J., a satisfied reader

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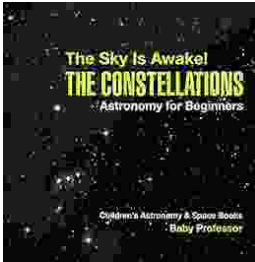
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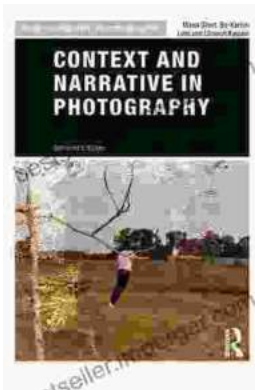
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