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Anger Management For Partners: Get Back Love And Respect In Your Relationship



Synopsis

Anger happens when we lose control. An angry person cannot control what s/he says and does. Anger management for men and women, therefore, deals with awareness as much as with techniques. For helping you to begin an anger-free relationship, *Anger Management for Partners* includes:

- Finding your anger triggers
- Knowing the wrong expectations and putting a stop to them
- The right mix: independence vs. interdependence
- Using the 10 steps of anger management
- Coping with an angry husband/wife
- Understanding the causes of anger in relationships
- Enhancing communication
- Building understanding and love

Whether your spouse is the angry partner or you, by assessing the present level of anger in your relationship, evaluating your reactions and feelings, and using anger management technique, both of you can bring about a beautiful change in your relationship that will spell the three magic words: love, respect and happiness.

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Customer Reviews

For a short book it's very relevant to the topic. The author avoids any extra fluff talk to fill pages and stays to the point. The information makes a lot of sense and the exercises are really innovative. The

premise is really clear and surprisingly powerful. It explores behavioral patterns and sheds light on why couples run into problems. Really looking forward to doing the exercises with my partner. Really recommend this book to anyone looking for a thriving long term relationship.

This is a great reading for the individual with anger who struggles to maintain a relationship with a partner/spouse. I highly recommend the reading.

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