

The **ANGER** **HABIT**™

workbook

**Proven Principles to
Calm the Stormy Mind**

"The Anger Habit Workbook is a breakthrough in the treatment of anger. It provides brilliant insight and practical lessons for dealing with one of modern society's most critical behavioral problems."

*—Dr. Geary A. Rummel,
coauthor of the bestselling
Performance Improvement*

**Lessons and Exercises
for dealing with:**

- ♦ **Relationship anger**
- ♦ **Parental anger**
- ♦ **Blowups**
- ♦ **Anxiety and panic**
- ♦ **and more**

Carl Semmelroth, PhD

The Anger Habit Workbook Proven Principles To Calm The Stormy Mind

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