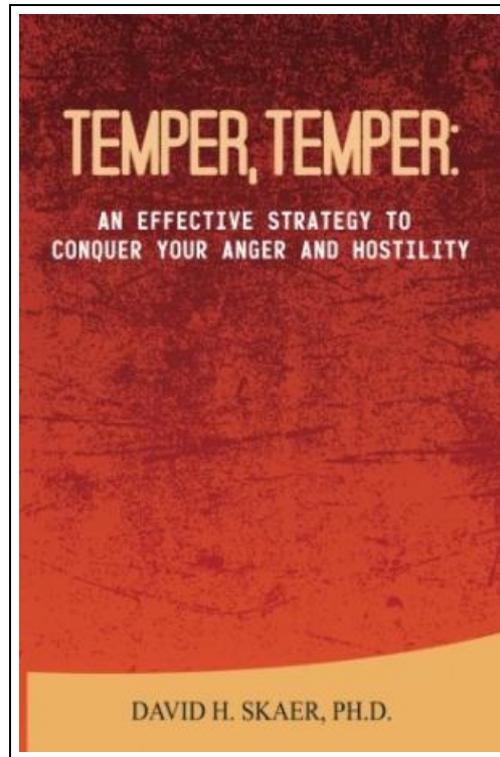


Temper, Temper: : An Effective Strategy to Conquer Your Anger and Hostility (Paperback)



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Reviews

*Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.
(Newton Runolfsson)*

TEMPER, TEMPER: : AN EFFECTIVE STRATEGY TO CONQUER YOUR ANGER AND HOSTILITY (PAPERBACK)

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What you don't know about anger can make you angry! Find out what you don't know about anger in this short, enjoyable book. Don't be a victim any longer. Anger has many faces: hostility, aggression, conflict, and domestic violence, to name a few. This book is for people affected by anger, whether their own or others . It will introduce you to causes of anger that few understand. Over the years, we've learned how and when to be angry, but not all anger is due to learning. There are actually many biological causes of anger. In *Temper, Temper*, Dr. Dave Skaer, Ph.D. Psychology, explains how you can identify these causes, and provides insight on how to correct the resulting anger. He also shares many fascinating counseling cases, plus findings from the medical literature. Many people don't know or understand the impact their physical state has on their moods. In this book, you'll learn: --How your biology affects your anger --How to remedy the problem that makes you angry --How the biological and the psychological interact to throw fuel on the fire Dr. Skaer has a heart for helping those with anger problems because he experienced biologically induced anger in his own life. He didn't discover how biology affected his anger while getting his Ph.D. in psychology; instead, he learned it from his wife. After he experienced a few disturbing outbursts, she suggested a possible physiological problem-and she was right! He changed this one, simple thing, and his temper issue was resolved. As you might expect, his family was much happier. This experience motivated him to help others with their temper problems. Realizing there might...

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