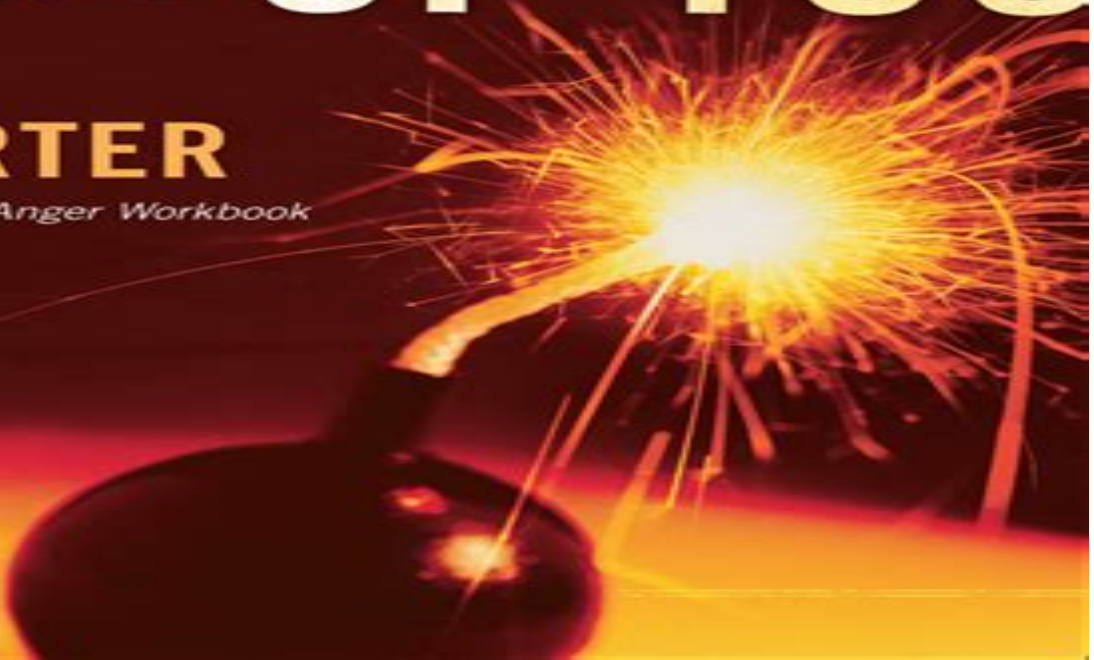


GETTING THE BEST
OF YOUR
ANGER
BEFORE IT GETS
THE BEST OF YOU

DR. LES CARTER

Bestselling coauthor of *The Anger Workbook*

[REVISED EDITION]

A lit bomb with sparks flying out, symbolizing anger. The bomb is dark and round, with a lit fuse. Bright orange and yellow sparks are erupting from the top of the bomb, creating a starburst effect. The background is a gradient of dark red and orange, suggesting fire or intense heat.

Getting The Best Of Your Anger

D Keegan



Getting The Best Of Your Anger:

Getting the Best of Your Anger Les Carter, 2007-08 Anger management expert Dr Les Carter shows readers how to take a middle of the road approach to anger neither suppressing it or letting it explode Getting the Best of Your Anger Les Carter, 1983 How to be a Better You Adam Mient, 2018-07-23 Are you finally ready to be happier healthier and more successful Do you ever wish your life could have a reset button Are you feeling lost and without purpose Are you ready for a positive change This book offers simple truths that can help improve your life in the areas of mind health success and general wellness It offers a baseline frame of reference that anyone can use to gain back some positive perspective and clarity in their life When we lose ourselves so often goes the clear knowledge to get ourselves back This book will help illuminate the path to becoming the best possible version of yourself you can be Sometimes our wins are simply how well we handled our losses It s time to thrive Adam Mient Learn easy ways to Get back on the path to wellness Be successful in all that you do Feel better about yourself Finally be happy Love your life Find balance Hailed as the ultimate playbook to life Like us on Facebook How to Be a Better You Follow Adam Mient on Twitter and Instagram authoradamment Visit us at adamment com

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relationship from hitting esc or worse delete this fast paced life calls for fast paced strategies and this book is full of them Many broken relationships not only can be mended but they can actually be magnificent You re Tearing Us Apart follows a simple get to the point formula for each chapter First a narrative describes what it s like living with someone who is practicing relationship threatening behaviors Next the psychology behind the behavior is explained followed by a succinct account of why this particular behavior threatens relationships Finally the best strategies for transformation are spelled out covering such a wide range of options most any couple can easily comply These four sections validate the experience of both partners offer concrete reasons why change is necessary and then present a selection of strategies to move forward

Diamond Boy Savann T. Mey,2008-11-26 Diamond Boy is a unique story of an ordinary child who applies his fathers teachings to help him overcome and move around tight and extraordinary situations His father was gone most of his growing up life and his stepmothers health was deteriorating Diamond being the oldest son takes it upon his shoulder the burden of keeping his broken siblings together doing all that he can to help out at home Away from home pressure from peers bullies trouble makers and gangsters alike Diamond used his fathers old wisdom and knowledge to get out of any predicament and to prepare himself to reach for the sky with the dream that his father had taught him to dream Working hard with only one purpose in mind lifes fix he never lost sight of his vision and at the end Diamond succeeded while all his other schoolmates lives take different coursesfrom straight As and good girls turned bad to working the streets to support their habits and more

Filling a Void: A Resource for the Journey to Manhood Charles D. Dangerfield,2017-12-15 There is an ever present void in our black communities caused by the underrepresentation of positive role models who can help guide young men to adulthood Author Charles D Dangerfield knows firsthand the struggle of growing up without positive male influences Filling a Void serves as a much needed resource for these young men It discusses a wide range of subjects and also acts as an aid to single mothers who are doing the best they can by themselves and to young fathers mentors educators and faith based groups This handbook teaches young men about The characteristics they need to consider in forming their identities The way certain emotions may affect their decisions The importance of thinking before they act in order to avoid poor choices The dos and don ts for encounters with law enforcement Both hopeful and practical this guide for young black men and those who care for them seeks to offer advice and assistance for their journey to manhood *After You Say Goodbye* Paul Kent Froman,1992-03 A very personal approach to the grief fear discrimination and outrage that frequently accompany a death from AIDS With extensive experience counseling both gay and non gay clients in all stages of HIV involvement Los Angeles based psychotherapist Paul Kent Froman offers practical individual strategies and solutions to the often overwhelming emotional problems encountered by those dealing with the loss of a loved one from AIDS

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