

## HOW TO CONTROL ANGER BOOKS%0A

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[Anger management: 10 tips to tame your temper - Mayo Clinic](#)

Ready to get your anger under control? Start by considering these 10 anger management tips.

[Control Anger - American Psychological Association \(APA\)](#)

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or  
[16 Ways to Manage Your Anger - Real Simple](#)  
Take control. If you turn to Hear yourself speaking calmly and softly to yourself and to others. Your anger reflex should diminish another degree each time you do  
[Expert Advice on How to Control Anger - wikiHow](#)  
How to Control Anger. Everyone gets angry on occasion. If you're experiencing overwhelming rage, though, it could be damaging your mental and physical health as well.  
[Amazon.ca: control anger: Books](#)

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teens can help kids of all ages understand their feelings, manage anger, and build skills for coping with [5 Ways to Manage Your Child's Anger | Parents](#) Teach your child anger management skills that will grow with him.

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