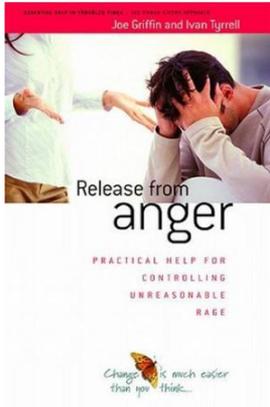


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Human Givens Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Release from Anger: Practical Help for Controlling Unreasonable Rage, Joe Griffin, Ivan Tyrrell, This book explodes many popular myths about anger and includes important information, much of it new, about the causes, effects, triggers and behaviour patterns of anger and aggression: why anger is a natural 'fight of flight' response, and essential for our survival; what happens when we get angry; how excessive anger can inhibit physical and mental health,...

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- Authored by Joe Griffin, Ivan Tyrrell
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