



Controlling Your Anger before It Controls You: A Guide for Women

Gregory L. Ph.D. Jantz, Ann McMurray

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Dr. Jantz shows women how to

accept the truth of their anger
examine where it comes from
be honest about how they use it
be open to change
be willing to forgive, even themselves
be willing to feel something else besides their anger

With a compassionate tone and an honest look at reality, Dr. Jantz helps women face their anger issues, move beyond them, and live the life they were meant to live.

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