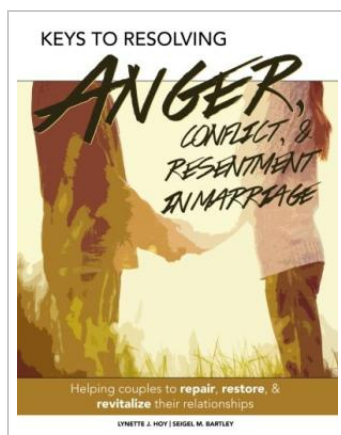




Keys to Resolving Anger, Conflict, Resentment in Marriage (Paperback)

By Lynette J Hoy

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Helping Couples to Repair, Restore Revitalize Their Relationships Most people believe that anger is a negative emotion from which no good can come. Many people think that anger should not be expressed and that such feelings are wrong. This expanded couple s book and workbook explore the emotion of anger and how anger--which is part of the human experience--can be put to work for good. Includes evidence-based and practical skills, What If? scenarios, discussion questions for couples, an emphasis on Releasing Anger and Hostility through heartfelt forgiveness and the best anger management strategies for real relationship change! Learn About: Triggers for Anger Anger s Many Faces The Power of Anger What Is Good About Anger? Defusing Anger by Managing Stress Handling Anger Effectively Managing Conflict Turning Anger into Forgiveness When to Take a Break Effective Anger Management Strategies Emotional Intelligence Real Life Scenarios Changing Your Thinking Self-Talk How to RELEASE Anger Hostility in Marriage The RELEASE Technique Building Healthy Successful Relationships Enjoying the Benefits of Good Anger.



READ ONLINE
[2.35 MB]

Reviews

This ebook will not be simple to start on looking at but really enjoyable to read. It is one of the most awesome book we have study. Your life span is going to be transform when you complete looking over this pdf.

-- **Kayla Gutkowski**

A fresh electronic book with a new viewpoint. I was able to comprehended every thing using this written e pdf Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Isom Nader I**