Anger Management: A Self-Discovery Workbook (Paperback)



Filesize: 5.44 MB

Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me). (Jamar Stracke)

ANGER MANAGEMENT: A SELF-DISCOVERY WORKBOOK (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Workbook. Language: English . Brand New Book ***** Print on Demand *****. I decided to write this anger management workbook to simplify ways to deal with anger, cultivate prevention of anger outbursts, and increase self-understanding of manifestations of anger without disrupting the harmony of emotions. We are the way we perceive and feel the universe. The way we use anger determines our capacity to organize our thoughts and live a troubled or peaceful life. We can self-discover the dynamics of our motivations and inner selves by recognizing the roots of our attitudes and behaviors, and by fostering the process of assertiveness, self-awareness, self-care, selfregulation, self-actualization, insight, hope, healing, and transformation. You will challenge your belief system, overwhelming behaviors, and misunderstood feelings and thoughts, when completing this workbook. You will identify physical, emotional and cognitive cues that may trigger uncontrollable anger and master the application of mindfulness and self-control. You will realize that shame, guilt, frustration, disappointment, annoyance, irritation, resentment and other elements are contributors of anger. You will learn stress management, conflict resolution, decision making, problem solving, assertiveness and mindfulness coping skills, and demonstrate knowledge of application of coping skills with others, with your psychotherapist or in group. You will comprehend the underlying forces of healthy and unhealthy relationships, and improve your interpersonal relationships. I have learned that personal awareness and growth leads to an increased sense of identity, personal power, creativity, and greater purpose. The goal of this workbook is to have you acknowledge your strengths through your own self-discovery from your childhood to the present time, and reveal fundamental components that will assist you in recognizing the true meaning of life. You will understand how environment and circumstances affect behaviors, and how powerful inner motivations make the person you became. I...

Read Anger Management: A Self-Discovery Workbook (Paperback) Online
Download PDF Anger Management: A Self-Discovery Workbook (Paperback)

Other Kindle Books

Stage Star Power: Command the Stage, the Stage Is Your Moneymaker, How to Master Your -Live Stage Show Performance-, It s Time to Achieve the Results Your Band Deserves, So All Your Hard

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.STAGE STAR POWER What is it? Stage Star Power is a special fire in the...

Download ePub »

What To Do When Someone Dies: A simple step-by-step guide for family members, personal representatives and executors with day-to-day time-lines and . probate and financial topics are covered.

CreateSpace Independent Publis, 2018. Paperback. Condition: New. Brand New! This item is printed on demand.

Download ePub »

-

Menu Planner: Menu Maker Meal Tracker to Save Time Money - Hydrangea Cover (Paperback)

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A MEAL PREP PLANNING JOURNAL FOR FITNESS LOVERS! - This specially designed meal preparation planner is here... Download ePub »

=	
=	

Artificial Intelligence: Made Easy w Ruby Programming Learn to Create your Problem Solving Algorithms TODAY w Machine Learning Data . engineering, r programming, iOS development)

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 150 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Design the MIND of a Robotic Thinker! Every chapter is very clearly described and all...

Download ePub »

_	
_	

The Five Day Dissertation: A First Class Guide to Finishing Your Dissertation in Record Time (Paperback)

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What if you could use specific tools to finish your dissertation in five days? What if you...

Download ePub »

PDF	The First-Time Investor: The Complete Guide to Buying, Owning and Selling Sha. Financial Times Prent.Int, 2001. Taschenbuch. Condition: Neu. Unbenutzte Restauflage Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet Your future prosperity - and that of your children - lies in Download Book »
PDF	Visual Project Management: Simplifying Project Execution to Deliver on Time and on Budget (Paperback) Pinnacle Americas, Inc., 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Visual Project Management: Simplifying Project Execution to Deliver On Time and On Budget is a groundbreaking addition to Download Book »
PDF	Crush i: Why Now is the Time to Cash in on your Passion Paperback. Condition: New. This is an International Edition Brand New Paperback Same Title Author and Edition as listed. ISBN and Cover design differs. Similar Contents as U.S version. Delivery within 3-7 business days. We can Download Book »
PDF	Self Learning of Data Science for Free: Skill Development for Data Science Jobs (Paperback) Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The amount of data currently generated by the various activities of the society has never been Download Book »
PDF	Hackers Underground Knowledge Quick and easy way to learn secret hacker techniques CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 162 pages. Dimensions: 9.0in. x 6.0in. x 0.4in.This practical guide to penetration security-systems, writen by ethical hackers, IT professionals, and security researchers.

Download Book »