

## **Anger Management: You Do Have A Choice**

Cheryl Weldon



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self-guided or group participant workbook with chapter reviews and space for journaling and note taking.Participants will learn: \* How to identify anger \* Triggers and buttons of anger \* How anger is different from other feelings \* When anger is positive and when it's not \* How to express your anger appropriately \* And what to do when you don't

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