



Managing My Anger: Weekly Meditations Journal Exercises for Growth (Paperback)

By J Clark M a L P C Mary J Clark M a L P C, Mary J Clark M a L P C

iUniverse, United States, 2009. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Ever get tired of being told you are the problem and no one ever listens to you? And no matter how many times you tell them off, they still don't get it? .Mary gets it. She's been there. With a gentle strength she steps right into your world and sits beside you, looking ahead with you, not at you. - Donald E. Sloat, Author of Growing up Holy and Wholly Managing My Anger has been written to be used either individually or in a group therapy setting. The format of a meditation followed by a journaling exercise will promote in-depth study of one's behavior around issues of anger or stifling anger. Take one page per week, journal daily on that page based on its journal suggestion, being honest about your thoughts, feelings and actions regarding that page's topic. Topics are about common issues, such as resentment, rage, blame, controlling, etc. This book also offers a section of exercises to aid in recovery as well as websites with more recovery options that any individual can practice and...



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Reviews

The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think.

-- **Adolfo Lindgren**

Unquestionably, this is actually the very best job by any publisher. It really is basic but unexpected situations within the 50 % from the book. I discovered this book from my dad and i advised this publication to discover.

-- **Dr. Willis Walter**