

Anger Management A Practical Guide

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Anger | Sutter Health

Anger: Characteristics, Complications, and Causes - Verywell

Mind

[The Psychology of Anger - MentalHealth.com](#)

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[Anger Issues: Causes, Symptoms, and Management - Healthline](#)

[The nature of anger - Harvard Health](#)

Anger - Psychology Today

Control anger before it controls you

[ANGER Definition & Meaning - Merriam-Webster](#)

Anger - Wikipedia

Anger Management A Practical Guide

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