

The book was found

Anger Management For Partners: Get Back Love And Respect In Your Relationship



Synopsis

Anger happens when we lose control. An angry person cannot control what s/he says and does. Anger management for men and women, therefore, deals with awareness as much as with techniques. For helping you to begin an anger-free relationship, Anger Management for Partners includes:

- Finding your anger triggers
- Knowing the wrong expectations and putting a stop to them
- The right mix: independence vs. interdependence
- Using the 10 steps of anger management
- Coping with an angry husband/wife
- Understanding the causes of anger in relationships
- Enhancing communication
- Building understanding and love

Whether your spouse is the angry partner or you, by assessing the present level of anger in your relationship, evaluating your reactions and feelings, and using anger management technique, both of you can bring about a beautiful change in your relationship that will spell the three magic words: love, respect and happiness.

Book Information

File Size: 4372 KB

Print Length: 62 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 2, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00U8283CM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #467,091 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #147

in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Parenting > Emotions & Feelings #277 in Books > Self-Help > Anger Management #317 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Mood Disorders

Customer Reviews

For a short book it's very relevant to the topic. The author avoids any extra fluff talk to fill pages and stays to the point. The information makes a lot of sense and the exercises are really innovative. The

premise is really clear and surprisingly powerful. It explores behavioral patterns and sheds light on why couples run into problems. Really looking forward to doing the exercises with my partner. Really recommend this book to anyone looking for a thriving long term relationship.

This is a great reading for the individual with anger who struggles to maintain a relationship with a partner/spouse. I highly recommend the reading.

[Download to continue reading...](#)

Anger Management for Partners: Get back love and respect in your relationship Love and Respect in the Family: The Transforming Power of Love and Respect Between Parent and Child Love and Respect in the Family: The Respect Parents Desire; The Love Children Need How to Get Your Ex Back Fast! Toy with the Male Psyche and Get Him Back with Skills only a Dating Coach Knows (Relationship and Dating Advice for Women Book 4) The Power of the Pussy - How to Get What You Want From Men: Love, Respect, Commitment and More!: Dating and Relationship Advice for Women Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) When Love Is a Lie: Narcissistic Partners & the Pathological Relationship Agenda Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life Anger Experiences: Group Leader Workbook (Anger Management) (Volume 2) The Anger Workbook: An Interactive Guide to Anger Management The 5 Phases to Get Your Ex Back: Where You Are Now and Where You Need to Go to Get Your Ex Back Get Your Ex BACK in 30 Days or Less! The Complete Step By Step Plan to Get Your Ex Back for Good Get Your Ex Back: The 4 Things Your Ex Needs You to Do to Get Back Together How to Get Your Ex Back Fast: Toy with the Male Psyche and Get Him Back with Skills Only a Dating Coach Knows Get Your Ex to Open Up: Conversational Skills for Getting Back Together and Saving Your Relationship Committed to Love, Separated by Distance: How to Thrive in Your Long Distance Relationship (Relationship and Dating Advice for Women Book 8) The Power of the Pussy: Get What You Want From Men: Love, Respect, Commitment and More! The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks)

[Dmca](#)