



# No More Anger!: Be Your Own Anger Management Coach

*Gladeana McMahon*

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## **No More Anger!: Be Your Own Anger Management Coach** Gladeana McMahon

Anger and frustration are common problems that can have profound and sometimes devastating affects on the lives of individuals, families and communities. This book is based on the most successful treatment of anger to date: Cognitive Behavioral Therapy (CBT).

Utilizing her academic prowess with an informal and conversational tone and easy-to-follow format, Gladeana McMahon, a respected Coach and Cognitive Behavioral Therapist with over twenty-five years of experience, aims to help people coach themselves out of feelings of aggression and irritation.

No More Anger provides a sense of freedom and release for anyone whose life has been made more difficult by anger, and its accessible format will be familiar to readers of her best selling book of 2005: No More Anxiety: Be Your Own Anxiety Coach.

This is a self-help book that will also be of interest to therapists, counselors, and mental health workers.

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