



# The Anger Habit: Proven Principles to Calm the Stormy Mind

*Carl Semmelroth Ph.D., Donald Smith PhD*

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Carl Semmelroth's *The Anger Habit* is a leading anger-management book that is poised to become a major force in the category. This book is centered around the principle that for those who have anger problems, anger can be a learned response. Often the people with the problem don't realize that they are acting habitually, or why they are.

Semmelroth takes you step by step through the process of identifying and getting over the anger habit.

Case studies and stories show you how to avoid:

- Feelings of losing control
- Depression
- Panic
- Family battles

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