Overcoming Anger and Irritability: A Self-Help Guide Using Cognitive Behavioral Techniques



OVERCOMING ANGER AND IRRITABILITY

A self-help guide using Cognitive Behavioral Techniques

'Cognitive behavioral techniques are, in my opinion, the most effective form of psychological therapy for emotional disorders.' Dr James Le Fanu, GP





Overcoming Anger and Irritability: A Self-Help Guide Using Cognitive Behavioral Techniques is one of my favorite books. I recommend this book: Overcoming Anger and Irritability: A Self-Help Guide Using Cognitive Behavioral Techniques to my close friend, including you.

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