



Temper, Temper: : An Effective Strategy to Conquer Your Anger and Hostility (Paperback)

By David H Skaer Ph D

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What you don't know about anger can make you angry! Find out what you don't know about anger in this short, enjoyable book. Don't be a victim any longer. Anger has many faces: hostility, aggression, conflict, and domestic violence, to name a few. This book is for people affected by anger, whether their own or others . It will introduce you to causes of anger that few understand. Over the years, we've learned how and when to be angry, but not all anger is due to learning. There are actually many biological causes of anger. In Temper, Temper, Dr. Dave Skaer, Ph.D. Psychology, explains how you can identify these causes, and provides insight on how to correct the resulting anger. He also shares many fascinating counseling cases, plus findings from the medical literature. Many people don't know or understand the impact their physical state has on their moods. In this book, you'll learn: --How your biology affects your anger --How to remedy the problem that makes you angry --How the biological and the psychological interact..

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