



# Anger Management: How Do Women Control It?: Great Anger Management Techniques for Women

*Miranda Chapman*

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“Anger Management: How Do Women Control It?” is a book that provides viable solutions to women who are looking for a way to control or diffuse their anger. Both men and women are affected by different external factors which make them angry. The author however chooses, as a female, to focus on what woman can do to be less stressed and less angry from one day to the next. Women are homemakers; they also go out to work and do a myriad of other things to keep the family happy and the bills paid. It does take a lot and the stress can build up. This book is for those women that need a bit of extra help to remain sane and happy.

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