

# Anger-Free: Ten Basic Steps To Managing Your Anger By W D., PhD Gentry

**By W D., PhD Gentry**

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This is homework from the book Anger-Free: 10 Basic Steps To Managing Your Anger by W. Doyle Gentry, PhD. I resisted this earlier, but realize I have to deal with it

Ten practical steps to manage anger. Develop a healthier attitude, become an effective problem solver, argue successfully, and improve your emotional life.

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Author: W D., PhD Gentry, Title: Anger-Free: Ten Basic Steps to Managing Your Anger (Paperback), Publisher: William Morrow Paperbacks, Category: Books, ISBN

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Ten Basic Steps to Managing Your Anger W. Doyle Gentry, PhD, is a clinical psychologist and Director of the Institute for Anger-Free Living in Lynchburg,

In ten easy steps, anger researcher and seasoned Ten Basic Steps to Managing Your Anger. by W D. Gentry PhD. Anger-Free by W D. Gentry PhD.

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