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Navigate Anger: Taking the Journey to Better Anger Management

LPC/MHSP, Travis Hill

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Navigate Anger: Taking the Journey to Better Anger Management LPC/MHSP, Travis Hill
Navigate Anger is a guide to take you on the journey to overcoming anger problems using rational practices and mindfulness techniques. In it, you will: 1. Learn the benefits we gain from anger 2. Find out why anger is so addictive and why it's hard to give up 3. Understand the appropriate way to handle tough situations 4. Five steps to change your overwhelming thoughts into more constructive ones 5. Do more than just stop getting angry, learn to be at peace

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