



## Angry Girl?

By Gail Snyder

Jasmine Health, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Your heart is racing, your muscles stiffen, and you can't think clearly you are so mad you want to scream and throw something! Exploding in anger is not the best way to deal with a problem, so how do you stop yourself from doing something you'll regret later? ANGRY GIRL? uses real-life examples and quotations to illustrate the causes of anger and its biological, emotional, and social effects. It also provides research-based information on how to handle it in a healthy way. Take a quiz to find out if you anger easily and learn how to improve the situation.

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