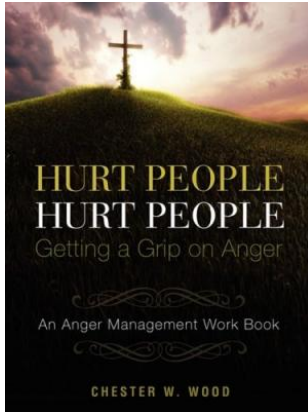


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HURT PEOPLE HURT PEOPLE - GETTING A GRIP ON ANGER



Xulon Press. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 10.8in. x 8.1in. x 0.4in. We have heard from childhood, Don't get angry. A bumper sticker reads, If you are not angry you haven't been paying attention. Anger is as much a normal part of us as is breathing. It is a response that lets us know something is wrong and something should be done. A healthy reaction often leads to resolution while inappropriate measures tend to make the matter worse....

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- Authored by Chester W. Wood
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