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Every Woman's Guide to Managing Your Anger

Gregory L. Ph.D. Jantz, Ann McMurray

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Every Woman's Guide to Managing Your Anger Gregory L. Ph.D. Jantz, Ann McMurray
In *Every Woman's Guide to Managing Your Anger*, Dr. Jantz shows women how to
• accept the truth of their anger
• examine where it comes from
• be honest about how they use it
• be open to change
• be willing to forgive, even themselves
• be willing to feel something else besides their anger

With a compassionate tone and an honest look at reality, Dr. Jantz helps women face their anger issues, move beyond them, and live the life they were meant to live.

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