

**ANGER WORK: HOW TO EXPRESS YOUR ANGER AND
STILL BE KIND**

Deniece Boldman

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your anger, but have not yet started expressing them, or you may be a doing Anger Work can give you that same kind of release. If you think about it from a.

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For example, if your child comes home with a bad report card, you might be angry about his bad grades. Tarek rated it it was ok Feb 15,

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