



Overcoming Anger (Overcoming common problems)

Dr. Windy Dryden

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Windy Dryden draws a distinction between healthy and unhealthy anger, and shows you how you can control your unhealthy anger by understanding what triggers it. Unhelpful beliefs and rigid expectations can lead to a cycle of unhealthy anger, which can be dangerous and destructive. However the good news is that you can change this pattern, and develop strategies to express your anger in a helpful way, so that you can communicate what you feel without scaring yourself or those close to you.

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