



# Anger Management Workbook for Men: Take Control of Your Anger and Master Your Emotions

*Aaron Karmin LCPC*

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## Anger Management Workbook for Men: Take Control of Your Anger and Master Your Emotions

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“Aaron’s experience treating anger is second to none.”

– Dr. Nathan R. Hydes, PhD; US Navy Psychologist

### A Modern, No-nonsense Anger Management Workbook Written Specifically for Men

Are you ready to take control of your anger? Clinical Therapist Aaron Karmin teaches you the skills to manage your anger without aggression and build up your self-confidence, self-control and self-respect.

The *Anger Management Workbook for Men* goes beyond *why* men get angry and helps you get to the root of your anger by including:

- Invaluable information and assessments to help evaluate your anger
- Concrete examples of productively expressing anger
- Clinical examples of anger management strategies

The *Anger Management Workbook for Men* will give you positive and productive anger management tools to strengthen the most important and most overlooked relationship in your life— your relationship with yourself.

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