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How to control your anxiety before it controls you. The Albert Ellis reader: Anger and Related Disorders

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Albert ellis - wikipedia, the free encyclopedia

How to Control Your Anger Before It Controls You, with Raymond Chip Tafrate. Citadel Press, 1998. How to Control you Anxiety before it Controls you.

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by Albert Ellis, Ph.D. and Raymond Chip Tafrate, Ph.D. How to Control Your Anger Before It Controls You is a terrific resource for both professionals and

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How to control your anger - stress, anxiety and

Once you're able to recognise the signs that you're getting angry and can calm yourself down, you can start looking at ways to control your anger more generally.

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Albert Ellis. September 27, 1913 - July 24, 2007 . This American psychologist and psychoanalyst created rational emotive (behavior) therapy (RET). psychoanalyst

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