

Overcoming Hurts and Anger: How to Identify and Cope with Negative Emotions

Dwight L. Carlson



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Overcoming Hurts and Anger: How to Identify and Cope with Negative Emotions Dwight L. Carlson In this enlightening book Dr. Carlson helps you to identify and cope with your feelings of hurt and anger, and clearly shows that you can be happy, whole, and human after being painfully inflicted by others.



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