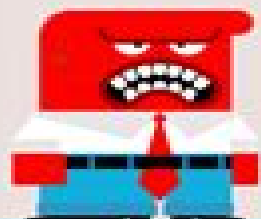




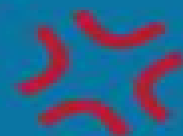
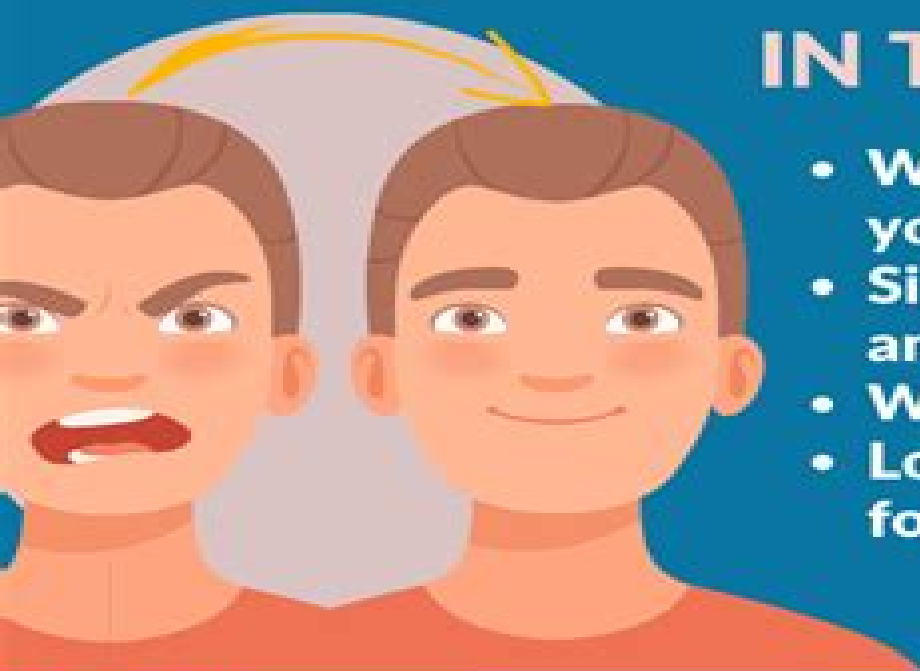
# HOW TO DEAL WITH ANGER

*...And learn to manage it in the long-term*



## IN THIS ARTICLE:

- Why should you deal with your anger?
- Signs you are dealing with anger issues
- Ways to relieve anger
- Long Term Coping Strategies for Anger Management



# Pain What Is It How Do We Deal With It

**May Young**



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