

ANGER MANAGEMENT TUTORIAL

http://www.tutorialspoint.com/anger_management/index.htm

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Anger Management is the set of practices that assist in Temper Control and aims at improving skills to deploy anger successfully. Anger Management helps in identifying the motivation factor behind anger, so that we can analyze it and address it.

AUDIENCE

This tutorial is designed primarily for the students and professionals who seek assistance in managing their frustration and anger while handling exhaustive academic workload and high expectations at work respectively.

PREREQUISITES

Before proceeding with this tutorial, you are expected to have a calm mindset and be open to exploring the suggestions mentioned here.