



# Anger Management for Women (How to Control Emotions and Let Go)

*Amelia Virtue*

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Women tend to hold in their anger and in the long run, they end up doing more harm to themselves than they ever could if they simply knew how they could control that anger and diffuse it properly. What "Anger Management for Women" does is that it explains exactly how this can be done and it also explains the major things that can really cause a woman to get angry. It is not that men do not get angry. It is just that the focus in this particular is women. It is a personal reference text for those who must learn how to deal with their anger.

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