



# Managing My Anger: Weekly Meditations For Anger Management and Domestic Violence Groups

*Mary Clark*

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## **Managing My Anger: Weekly Meditations For Anger Management and Domestic Violence Groups**

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Do you suffer from anger outbursts? Do loved ones and friends comment about your being angry when you feel you are not? Do you struggle with road rage or desires to hit in an altercation? Have you been court-ordered to an Anger Management or Domestic Violence group or counselor for your anger? This book will help you empower your healing with weekly meditations and journal exercises to help you incorporate healthy tools to control your anger, and even help you realize there are many cases getting angry isn't necessary or your job.

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