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*Udis M Lord*

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## **Dr. Lord's Excellence Education: Anger and Stress Management, Self-Esteem and Ethical Decision-Making** Udis M Lord

Dr. Lord's Excellence Education: Anger and Stress Management, Self-Esteem Development and Ethical Decision Making, grades 7th to adult reading level. Teaches readers how to teach anger and stress management, self-esteem development and ethical decision-making. Included are instructions on how to lead anger management sessions, pretest and posttest measurement: Anger Inventory, Anger Cost Inventory, and Anger Journal Model to measure students' progress.

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