



Dr. Weisinger's Anger Work-Out Book: Step-by-Step Methods for Greater Productivity, Better Relationships, Healthier Life

Hendrie Weisinger

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- Improves your self-esteem
- Helps you develop healthy, intimate, and trustworthy relationships
- Increases your work efficiency
- Makes you a more effective parent
- Improves your sex life
- Increases your problem solving abilities
- Puts you in charge of your emotions
- Gives you better communication skills
- Reduces stress
- Teaches you how to deal effectively with your feelings
- Increases your daily energy level
- Eliminates self-defeating behavior
- Enhances your family life

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