



# Short Course on How to Deal with Anger

*Laryssa Nechay LCSW BCD*

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## **Short Course on How to Deal with Anger** Laryssa Nechay LCSW BCD

A quick and easy way to resolve anger in all three possible situations: when someone is angry at you, when you are angry at someone, or when you are angry at yourself. Recommended for individuals with a mature attitude toward relationships.

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