

Beating Anger: The Eight-Point Plan For Coping With Rage By Mike Fisher

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According to Mike Fisher, Author of Beating Anger: the Eight-Point Plan for Coping with Rage , simply saying to your partner that you are angry is the way to do it.

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Mike Fisher has a background in humanistic counselling and psychotherapy. Considered to be one of the leading experts in the field of anger management in the UK, Mike

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