



# How To Control Your Anger Before It Controls You

*Albert Ellis, Raymond Chip Tafrate*

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**How To Control Your Anger Before It Controls You** Albert Ellis, Raymond Chip Tafrate

In their new approach to coping with anger, world famous psychologist Dr. Albert Ellis and Dr. Raymond Chip Tafrate present their thoroughly researched and proven technique designed to help understand the roots and nature of anger. Using simple instructions and exercises, readers can learn to reduce angry reactions to an often difficult and unfair world.

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