



# Letting Go of Anger: The 10 Most Common Anger Styles and What to Do about Them

*Ronald T. Potter-Efron, Patricia S. Potter-Efron*

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Profiles patterns of anger behavior that include Addictive Anger, Sneaky Anger, Deliberate Anger, and Anger Avoidance, and offers self-tests and management techniques that promote healthy and non-destructive expressions of anger.

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