

### Honor Your Anger How Transforming Your Anger

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Honor Your Anger: How Transforming Your Anger Style Can Change Your Life by Engel, Beverly (2004) Paperback on Amazon.com. \*FREE\* shipping on qualifying offers.

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Honor Your Anger will help to empower you so that you can begin to assert your anger in safe ways and to stand up for yourself and your children. Underneath our anger, or our refusal to get angry, are core feel-ings that we need to unearth if we are to learn healthy ways of managing anger. Honor Your Anger will offer a program that will help

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