

Date:

Anger & Assertiveness

1.2 

Title: **Overcoming Anger & Irritability**

Author(s): **Davies**

Publisher: **Robinson**

Year: **2000** ISBN: **1854875957**

Anger &
Assertiveness 1.2

- Helps the reader understand why anger and irritability occur
 - Uses cognitive behavioural techniques to give the reader better coping skills to overcome anger and irritability
 - Includes useful thought diaries and self-help monitoring sheets, which can be used as the reader works through the guide
 - Clear, approachable and well-summarised
- (209 pages)

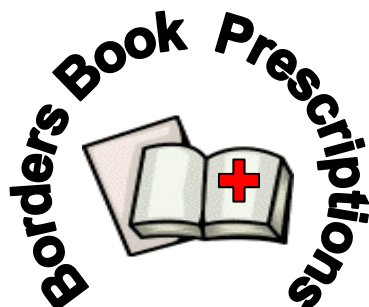
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