



## Calming the Anger Storm (Psychology Today Here to Help)

By Kathy A. Svitil

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### Editorial Review

#### About the Author

**Kathy A. Svivil**, associate editor of *Discover Magazine*, has written on a variety of popular subjects relating to emotional health. Her work has also appeared in *Arthritis Today*; *Living Fit*; *Fit Pregnancy*; *Health for Women*; *Vitamins, Herbs, & Health*; and *HomeArts*.

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