



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

By Kathy A. Svitil

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**Calming the Anger Storm (Psychology Today Here to Help)** By Kathy A. Svitil

*Understanding where anger comes from—and how to control it.*

This authoritative examination of anger offers important information on both the psychological and physiological aspects of this difficult emotion, and how even the smallest outbursts can affect every part of our lives—and the lives of those around us. With professional input from experts in the field and poignant anecdotes from those with anger management difficulties, *Psychology Today: Calming the Anger Storm* provides the steps one needs to overcome and manage rage.

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### **Editorial Review**

About the Author

**Kathy A. Svitil**, 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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