

Anger Kills By Dr Redford Williams

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Anger Kills—Redford Williams, Virginia Purrott-Williams—

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Anger kills. We're speaking here not about the anger that drives people to shoot, stab, or otherwise wreak havoc on their fellow humans. We mean instead the everyday sort of anger, annoyance, and irritation that courses through the minds and bodies of many perfectly normal people. • If your immediate impulse when faced with everyday delays or frustrations—elevators that don't immediately arrive at your floor, slow-moving supermarket lines, dawdling drivers, rude teenagers, broken ...

Anger Kills by Dr. Redford Williams: 9780307818782—

Anger Kills written by Dr. Redford Williams and has been published by Crown this book supported file pdf, txt, epub, kindle and other format this book has been release on 2012-11-14 with Self-Help categories. Anger kills. We're speaking here not about the anger that drives people to shoot, stab, or otherwise wreak havoc on their fellow humans.

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Anger Kills: Seventeen Strategies for Controlling the Hostility That Can Harm Your Health by Redford Williams, (None) and a great selection of related books, art , anger-management skills and apply them constructively to the problems that arise in their own lives. To this end, SUNBURST has created Student Workshop: Handling Your Anger.

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Anger Kills: Seventeen Strategies for Controlling the—

ANGER KILLS is a user-friendly book that combines practical skills with sound background information—starting with The Hostility Questionnaire in Chapter One "Am I At Risk?" which helps the reader identify her levels of Cynicism, Anger, and Aggression.

Anger Kills: Williams, Redford: 9780061497539: Books—

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Anger Kills: Dr. Redford Williams Q&A 7789378

President Dr. Virginia Williams co-authored Anger Kills, LifeSkills, and In Control. Along with Dr. Redford Williams, she researched and assembled the ten skills taught in the Williams LifeSkills workshops. Over the past several years, she has worked with a variety of groups, led numerous LifeSkills workshops, and trained many facilitators.

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Anger Kills: Seventeen Strategies for Controlling—

A Duke University researcher believes some of us possess an "anger gene" that could lead to serious health problems. Dr. Redford Williams, director of the Behavioral Medicine Research Center at Duke University School of Medicine, has proven that prolonged periods of anger raises our blood pressure, our adrenaline and our cortisol levels, causing damage to the immune system.

Prevent Disease.com—Could Anger Be a Hereditary Trait?

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