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abcd2. Anger Control
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Buy a book. There is a lot of good information from psychologists on anger.

Don't let anger consume you. See a counsellor and learn some good tips to gain control. Anger can be a normal part of the grieving process. Let the anger have its beginning, its middle and its end. If it does not end, then END it yourself and move on. If you can't end it then seek help. See article 15 on this page 'Vicious Cycle Modification'.

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