



Untangling The Twisted Relationship Of Anger And Depression: Getting To The Source Of Uncontrolled Anger To Contain It

Charles Nelson

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When reading a book about anger and depression, you can learn about the healthy ways to deal with the daily struggles in life. There is information about why you might be angry and who to talk to if you can't talk to family and friends. You will see that there are many people who suffer from depression and why some people experience it and some don't when dealing with the same issues in life. A book is a good way to get help without hurting others who care about you.

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