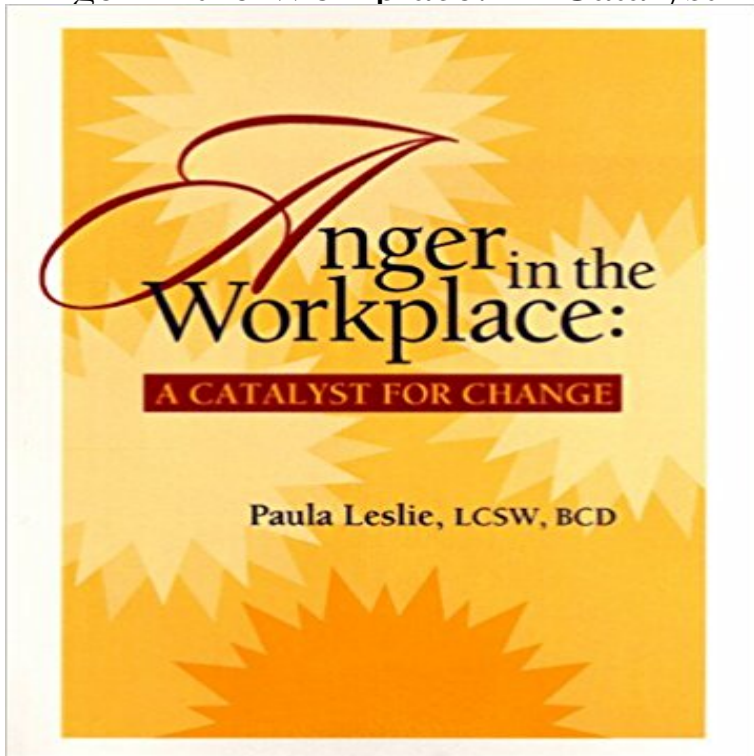


## Anger in the Workplace: A Catalyst for Change



Want to Learn Effective ways to deal with your Anger in the Workplace? Anger in the Workplace: A Catalyst for Change speaks to all women who want to reach their highest job potential, attain better health, gain internal strength and develop deeper self-respect. This slim, information-rich and highly readable book for women contains not only sound guidance, but practical tips, case histories, workbook exercises, resources and a Five Step Taking Charge process for dealing effectively and positively with anger. The handbook also includes a comprehensive list of organizations and agencies that provide support and civil rights information for the reader who plans to take further action to expand her choices--the key to having and enjoying a more fulfilling life.

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