

# Anger Coping Program Manual

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*The Psychology of Anger - MentalHealth.com*

**ANGER Definition & Meaning - Merriam-Webster**

**ANGER Synonyms & Antonyms - 177 words | Thesaurus.com**

*Anger - Psychology Today*

**Anger: Characteristics, Complications, and Causes - Verywell Mind**

**Anger - Wikipedia**

*The nature of anger - Harvard Health*

**Control anger before it controls you**

*Anger | Sutter Health*

[Anger Issues: Causes, Symptoms, and Management - Healthline](#)

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