



Boiling Point: the Workbook: Dealing with the Anger in Our Lives

Jane Middleton-Moz

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In the breakthrough book *Boiling Point*, Jane Middleton-Moz revealed a pervasive problem in our society: More and more individuals are internalizing their anger, which, left uncontrolled, is bursting out "sideways" in the form of road rage, depression, illness and random acts of violence.

This hands-on workbook, which can be used separately or as a companion product to the book, provides an outlet for readers to express their feelings in a healthy way. By completing the exercises, readers will learn how to be accountable to themselves; how to effectively communicate in personal relationships and in the broader community; how to understand the roots of their anger; and how to channel their feelings in a productive manner.



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