



# Managing Anger and Irritation: Copymaster Resource Book

*Kim Richardson*

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## **Managing Anger and Irritation: Copymaster Resource Book** Kim Richardson

Photocopiable resources, worksheets, logs and record-keeping charts for individual readers as well as anger management trainers and therapists, to accompany 'Managing Anger and Irritation: A Toolkit for Men', by Kim Richardson (Stroud Counselling, 2010), ISBN 978-0-9564076-0-3 (pbk) ISBN 978-0-9564076-1-0 (pdf)

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