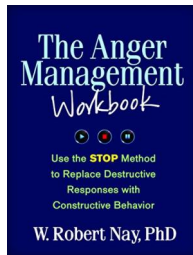# The Anger Management Workbook: Use the STOP Method to Replace Destructive Responses with Constructive Behavior

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