



Managing Anger At Work (Overcoming Common Problems)

Mary Hartley

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Conflict often plays a big part in the workplace, but when anger is out of control it can destroy working relationships and create a distinctly unpleasant atmosphere. This handbook focuses on the common workplace problem situations and helps you to understand why they cause people to lose their cool. It also gives you an action plan to manage your own anger, and other people's, and to help to heal relationships which have already been damaged.

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