



Dr. Walton's Anger Management

Dr. James Walton

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For many people, anger simply seems to take over their lives. Chances are that you (or someone you know) have difficulty dealing with anger. Unrestrained anger can lead to loss of control, concentration, and sleep. It is also known to cause problems with decision making, not to mention severely damaging relationships.

Dr. Walton's *Anger Management* deals directly with stopping anger by combining the immediate proven effectiveness of clinical hypnosis with cutting-edge anger management strategies, psychological insights, and self-empowerment techniques. Together, they form a powerful and effective treatment for overcoming anger and its negative consequences.

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