



# Managing My Anger: Weekly Meditations & Journal Exercises for Growth

*J. Clark M Mary J. Clark M. a. L. P. C., Mary J. Clark M. a. L. P. C.*

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"Ever get tired of being told you are the problem and no one ever listens to you? And no matter how many times you tell them off, they still don't get it?...Mary gets it. She's been there...With a gentle strength she steps right into your world and sits beside you, looking ahead with you, not at you."

-Donald E. Sloat, Author of Growing up Holy and Wholly

Managing My Anger has been written to be used either individually or in a group therapy setting. The format of a meditation followed by a journaling exercise will promote in-depth study of one's behavior around issues of anger or stifling anger. Take one page per week, journal daily on that page based on its journal suggestion, being honest about your thoughts, feelings and actions regarding that page's topic. Topics are about common issues, such as resentment, rage, blame, controlling, etc. This book also offers a section of exercises to aid in recovery as well as websites with more recovery options that any individual can practice and use long-term.



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