



## Anger Control Parenting: How to Effectively Discipline Your Children with Confidence and Self-Control

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Anger Control Parenting: How to Effectively Discipline Your Children with Confidence and Self-Control by Vivian S. Lamphear, Ph.D. and Sherry Marlal is a unique parenting book that teaches anger control in addition to behavior management skills for effectively disciplining children without losing your temper.

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