



Anger Management (for Beginners)

By Giles Coren

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Anger Management (for Beginners), Giles Coren, Fat people, Footballers, Flip-flops, Formula One, Wheelee luggage Cycle helmets, Processed ham, Skiing, Dogs, Are you all wound up? Boiling and ready to blow? Breathe deeply. Relax. Master of spleen Giles Coren, author of what The Guardian called 'The Maddest Email Ever', has an unbeatable technique for working through the anger: He does it for you.



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