



A Programmed Course in Conflict-Resolution and Anger Control

Joseph Mallory Strayhorn

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This manual is designed to help people think rationally about provocations and conflict situations. It defines concepts that help the reader think more effectively about the sorts of situations that often trigger rage or violence. Through the exercises prescribed and modeled here, the reader can build up habits of calm response to provocations and conflicts. The book is divided into several hundred sections of around a hundred words, with each followed by a comprehension question; the format is meant to lend itself maximally to a tutoring environment.

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