

**GETTING THE BEST OF YOUR ANGER: BEFORE IT
GETS THE BEST OF YOU**

Suzan Rodeffer

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Myth: Anger, aggression, and intimidation help me earn respect and get what I want. I feel like it's gotten so much worse in the last year. So it's important to be aware of how your emotional reactivity can change your perception, and ultimately, your behavior.

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Trivia About Getting the Best I'm a pharmacist and naturally analytical.

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this page: What does anger mean?