



# **African American Males Why Are You So Angry?: Anger Management Workbook For African American Males**

*Dr. Jeffery L Walker, Dr. Hallie R Harper*

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This workbook was designed to assist African American males in understanding their internal conflict. The greatest enemy that African American males are faced with today is anger. This workbook will also show African American males how to dissect their anger and find healthy ways to express it. If the African American males anger is not controlled they will continue to commit culture genocide. Herein lies hope.

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