

GETTING THE BEST OF YOUR ANGER MEIER PAUL CARTER DR LES%0A

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Dr. Les Carter is associated with the Mimirh Clinic Psychiatric and Counseling Center in Richardson, Texas. He is specially trained in the treatment of emotional adjustments and relationship problems. He is the author or coauthor of several books

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My anger issues arise and my relationship with my husband is getting worse. He is the one I moved far away from my family with. He is also the one that was there for me when my Mom passed away; he is the only one that saw and still sees my true beauty and loves me for who I am. I don't want to hurt him anymore and take out my anger on him every time we have an argument.