

Download Anger Management Movie Parents Guide

Anger. Let's face it—anger is a fact of life. Our world is filled with violence, hatred, war, and aggression. Psychologically, many theories of human development focus on the infant's struggle with anger and frustration and the primitive fantasies of aggression, guilt, and reparation that result from these feelings. Created by Bruce Helford. With Shawnee Smith, Charlie Sheen, Noureen DeWulf, Michael Arden. Divorced former baseball player Charlie Goodson is now an anger management therapist. He has a teenage daughter with obsessive-compulsive disorder and he has a purely sexual relationship with his therapist and best-friend Dr. Kate Wales. But soon his ex-wife and daughter become his past family, as they ...Tell us where you are Looking for movie tickets? Enter your location to see which movie theaters are playing Anger Management near you. Practice controlled breathing. Breathing deeply from your diaphragm (the large muscle at the base of your lungs that assists with breathing) can help soothe feelings of anger. Deep, controlled breathing slows your heartbeat, stabilizes blood pressure, and relaxes your body. Combine your breathing exercise with a mantra, or calming word or phrase, for added benefit.