

How to prevent volcanic eruption?!

Ways to control your anger and aggressive behavior



- Nature and the roots of aggression. Where aggression originates and why it occurs: the views of psychologist and neuroscientist.
- Types and forms of aggression.
- It infuriates me! The problem of human expectations.
- Unexpressed anger is a ticking time bomb.
- Aggression and anger management. Psychologist and economist provide some tips and advice.