

# Metropolitan Marriage & Family Therapy, PLLC

**Succeed at Your Relationship and Your Life!**

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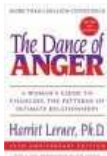
## *Required Readings*



**Taming Your Gremlin**  
By Richard D. Carson



**Self Esteem**  
By Matthew McKay and Patrick Fanning



**The Dance of Anger (A Guide for Women)**  
By Harriet Lerner



**Beyond Anger (A Guide for Men)**  
Thomas J. Harbin