

# Anger Management Expert Helps Kardashians Keep Their Cool



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Kim Kardashian and Khloe Kardashian have had their share of publicized mishaps and subsequent interventions but when physical aggression threatened to put a rift between Kardashian family members they turned to expert anger management specialist Shannon Munford.

Shannon welcomed Kim and Khloe into one of his anger management courses and quickly challenged them to look at how they express their emotions, deal with stress and connect with others.

Shannon Munford is the owner of Daybreak Counseling Service, an anger management education center in Los Angeles, California. His expertise has been invaluable to nationally televised shows such as MTV Real World Hollywood, Oxygen's Bad Girls Club 3 and My Network TV's Decision House. Shannon currently has a new series in the works with the production company Screen Door Entertainment.

In addition to his work on television Shannon works with corporations, families and individuals who are need of anger and stress management.

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