



Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life

T Whitmore

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While anger is a normal emotion, when it goes unmanaged, it can wreak havoc on everyone else's life, including your own. Whenever you are unable to control the fits of anger, the end results are often destructive, leading to problems in personal relationships, at work, and overall affecting your entire existence.

Anger can damage your relationships and health when you don't express it at all, if you express it unsafe ways, or if you express it at the wrong time. Overall, it remains imperative to learn how to control your anger such that you don't go causing harm to others when you express it wrongly or cause harm to yourself when you bottle it up.

It's easy to see that you need to control anger before it controls you. But, how? This book will teach you.

Here are a few things you will learn:

- Thinking before you speak
- Identifying other possible solutions other than anger
- Using humor to release tension
- Relaxation skills
- How not to hold a grudge
- How to express your anger calmly
- And much more!

Listen and take action now for even deeper information on anger management. My greatest hope is that you are able to find your calm amidst the realms of anger.

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The book Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life can give more knowledge and information about everything you want. So why must we leave the best thing like a book Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life? Some of you have a different opinion about book. But one aim this book can give many data for us. It is absolutely right. Right now, try to closer along with your book. Knowledge or info that you take for that, you are able to give for each other; you may share all of these. Book Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life has simple shape however, you know: it has great and massive function for you. You can seem the enormous world by wide open and read a e-book. So it is very wonderful.

Amy Rodriguez:

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Thomas Dacosta:

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