

Rewire Your Anger

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Synopsis

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One of the strongest emotions that can affect our mental health is anger, and we donâ€™t even realize it. Anger may be damaging your relationships with your loved ones and might even be holding you back in your career. For some, you may even realize how youâ€™re constantly angry and how anger completely controls your life. If anger is something that you struggle with and you want to begin living a life of happiness and freedom from your anger, *Rewire Your Anger* is the book for you. *Rewire Your Anger* is a practical guide to anger management. In this book, youâ€™ll learn that anger is a natural emotion and one that actually keeps us safe, but we need to learn how to manage it. By listening to *Rewire Your Anger*, youâ€™ll learn to discover the root causes of your anger and some new habits and thinking patterns that can change your life.

Reader's comments

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