

The Positive Guide to Anger Management

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Synopsis

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inLanguage	english

Are you tired of not being able to control your anger? Do you face a hard time when it comes to managing your anger? Are you tired of blowing up at people? We all are familiar with anger. It's one of our reactions to situations. Everyone gets angry, and it's just like every other emotion in our body. Just as we feel happy, sad, anxious, emotional, joyful, fearful, disgusted, we can also feel angry.

Learning to control your anger is critical to your physical, mental, and emotional health as well. Many of the anger management books that I've come across don't address the problem at the core. They instead attempt to address the symptoms. This audiobook will give you a fresh perspective on what anger is, where it comes from, and provide powerful, practical methods that will show you how to control anger - the right way!

The tools you will learn in this audiobook can help no matter what your situation is.

This audiobook is for:

- Anyone who wants to remove self-damaging thinking to feel great and achieve more
- Anyone who wants to stop feeling out of control
- Anyone who wants to enjoy better relationships with friends and partners
- Anyone who wants to know how to control anger outbursts
- Anyone who wants to know the best ways to deal with anger
- Anyone who does not understand why they are so angry
- Anyone who wants more empathy and skills to work with angry family, colleagues, or friends

Your anger issues doesn't have to continue to keep you from living your life to the fullest. It's time to tear down your current way of thinking and rebuild thought patterns that contribute to your life in constructive ways. In this audiobook, we will explore why it's essential to learn and practice anger management techniques. Not only for relieving improving your relationships and feeling better but also for improving your physical health. You will find simple solutions that work!

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