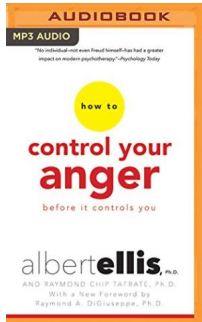


Get Kindle

HOW TO CONTROL YOUR ANGER BEFORE IT CONTROLS YOU



Brilliance Corporation, United States, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Anger is universal. Unchecked, it can cause lasting damage in our lives: wrecked relationships, lost jobs, even serious disease. Yet in these increasingly stressful times, all of us have acted in anger and often wished we hadn't. Is there a way that really works to solve problems and assert ourselves without being angry? The answer is a resounding yes, if you follow the breakthrough steps...

Download PDF How to Control Your Anger Before It Controls You

- Authored by Dr Albert Ellis
- Released at 2016



Filesize: 1.82 MB

Reviews

Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Felton Hessel**

A whole new eBook with a new point of view. It can be really fascinating through studying period of time. I am delighted to explain how this is actually the finest book i have read through during my very own life and could be the best publication for at any time.

-- **Scarlett Stracke**

The book is great and fantastic. It is really exciting through reading time period. I am pleased to let you know that this is basically the greatest ebook i actually have go through inside my very own life and may be the best book for possibly.

-- **Mr. Hyman Ankunding DDS**