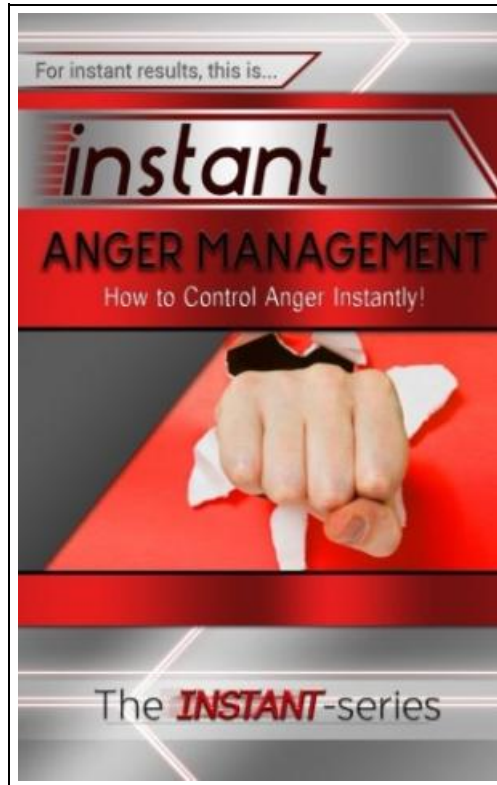


Instant Anger Management: How to Control Anger Instantly!



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Reviews

It is straightforward in read through safer to recognize. It really is full of knowledge and wisdom I am just easily could get a satisfaction of reading a created pdf.

(Mr. Sigrid Swaniawski PhD)

INSTANT ANGER MANAGEMENT: HOW TO CONTROL ANGER INSTANTLY!



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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The Instant-Series Presents Instant Anger Management How to Control Anger Instantly! Since you are reading this, you probably have some anger issues affecting you. Take for instances. You are driving late to work, and somebody cuts you off, driving slowly in front of you. You are trying to talk, and somebody keeps interrupting you, taking away your spotlight. You are at the store, and somebody overcharges you, making you wait in line and causing everybody behind blaming you. You are ordering something, and somebody messes up entirely what you wanted, making you go through all the hassle returning it. You are working, and somebody keeps bothering you, making you lose your train of focus with your already overdue work. What is your automatic reaction? Anger is a natural go-to response, and your anger may even be justified. Who doesn't want to lash out that idiot who spilled coffee on someone's brand new favorite outfit by immediate default. yet then they try to hold back that anger? The problem is when anger is constantly easily triggered or can't be contained. You may think anger makes you tough, but by being angry all the time, deep down there is something bothering you - either out of fear so it acts as a shield or harboring deep emotional pain from the past because of someone or something. The sad part is, your anger not only affects you, but those around you: your friends, family, and loved-ones. If you don't control this vicious cycle, you can not only end up regretting it, but end up hurting yourself and those closest to you. The good news is, anger is an...



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