



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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Mad at Everything

Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life!!

***** 7 FREE Bonus Books included Inside!*****

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 how.

Here are a Few Things You Will Learn From This Book:

- 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, much more!

Take action now! Continue reading for even deeper information on anger management and my

greatest hope is that you are able to find your calm amidst the realms of anger.

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From reader reviews:

Renee Middleton:

Playing with family within a park, coming to see the coastal world or hanging out with friends is thing that usually you could have done when you have spare time, subsequently why you don't try thing that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love 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), you could enjoy both. It is fine combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its identified as reading friends.

Kay Newberry:

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 be one of your basic books that are good idea. We recommend that straight away because this book has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to put every word into delight arrangement in writing 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) although doesn't forget the main point, giving the reader the hottest in addition to based confirm resource data that maybe you can be among it. This great information can easily drawn you into brand-new stage of crucial thinking.

William Sinclair:

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