

Anger Management: Simple and Strategic Method

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Synopsis

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What's Inside this book?

- Chapter 1: What is Anger Management? A Definition
- Chapter 2: How do you Emotions?
- Chapter 3: Dealing with Anger in a Healthy Way
- Chapter 4: Resolving Anger Using the Higher Mind
- Chapter 5: The Key to Success - Relaxation and Focus
- Chapter 6: How to Control Your Anger
- Chapter 7: Don't Wait! How to Manage Your Anger Now!

Reader's comments

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