

How to Deal with Anger

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Synopsis

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Getting our emotions under control can be a bit of a challenge, especially when our emotions are so overwhelming. Anger can hold you back when you don't know how to express it in a healthy way. This book will teach you how to deal with anger in healthy ways. You will learn:

- *How to express anger in a healthy way**
- *How to release anger from the past that won't seem to go away**
- *How to overcome the self-defeating thoughts that continue to upset you**
- *How to overcome passive aggression**
- *How to handle people who annoy you**

It's time to break out of the chains that are keeping you tied down. It's time to remember what it's like to be happy. Don't allow anger to get the best of you. Start making positive changes today.

Reader's comments

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