



Anger 101: A Beginners Guide to Anger

Ben Guide

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This book contains proven steps and strategies on how to manage your anger. Does your anger cause a problem with your co-workers, friends, and loved ones? Do you react to situations without thinking and always regret later how you behaved? If so, then with the help of this book, get ready to take control your anger. Out-of-control anger can damage and destroy your reputations, careers and relationships and even your health. This guide on anger management teaches you the skill to effectively manage your anger without aggression and develop your self-control, self-confidence and self-respect. The tip, techniques, and methods of this book will help you notice things that make you angry, and help you change how you respond to anger. Written in a simple language, this book is written to serve as your guide and enlightenment on your path towards effective anger management. This guide offers down-to-earth advice on how to manage your anger with positive and productive tools and shows you how to cope with life's disappointment, unfairness, and adversity, so you can manage your anger properly and live a happy, healthy, and normal life.

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