



How To Manage Anger: A Step By Step Guide (How To Manage... Series) (Volume 1)

Tony Alavon

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Anger is a basic emotion that we all have, but when it is not processed and dealt with in a positive manner then it can end up taking a toll not only on you, but on everyone else around you as well. Your entire success in life depends on your ability to manage and channel your emotions and anger so that you can express them in a constructive and life enhancing way. Yes, this is possible and it's exactly what this book will show you how to do! There is no need to let anger dominate your life and with some simple to follow steps, this book will show you how you can begin to use your anger in a positive way. You will discover how to swap the rage and blow ups for a new way of being that will enhance your life and allow you to reach your true potential. Get started using the information in this new book to manage your anger today!

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