



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 wreck 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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