



Anger Issues!: Exposed? 5 Easy Steps On How to Deal with Anger Today!

Jayne Omojayne

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My friend, if your anger, or that of a loved one, is out of control and threatening your life and livelihood, you need the calm, clear, and understanding help you'll find in in this book which is presented as a guide to help you deal with the anger issue! This is a succinct and no-nonsense book which addresses specific and diverse anger management methods, skills, and exercises that will lend a hand to you to identify the sources of your anger burst and then you can free yourself from their grasp. Finally, in this book you will learn how yet a small amount of anger can capture your life if you let it... even rouine it. But, as you will soon discover inside this book (Anger Issues!: Exposed... 5 Easy Steps On How to Deal with Anger Today!) - which is an easy to read... step by step presentation that makes sense and allow you to evaluate your feelings like they are normal even if not and guide you to locate the easy solutions you can implement today!

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