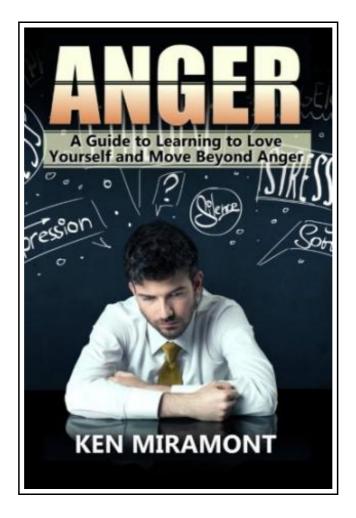
Anger: A Guide to Learning to Love Yourself and Move Beyond Anger (Paperback)



Filesize: 3.33 MB

Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me).

(Jamar Stracke)

ANGER: A GUIDE TO LEARNING TO LOVE YOURSELF AND MOVE BEYOND ANGER (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn Effective Techniques to Reduce Your Anger and Control Your EmotionsDoes your temper force you into uncomfortable situations, always putting you on the edge of losing control of yourself? Does life have your frustrated and depressed with things not going right at work, at home, or at school? Do you feel like you have no way to address your emotions, a way to release them before they build up to the boiling point? Do you avoid activities, afraid that your anger will get the best of you, that it will embarrass you? For years I struggled with my temper. Little things in my daily life would set me off, often without any warning. Often after my outbursts I would feel embarrassed and that I had failed. I struggled with being able to even liked myself. One day I decided I needed to change; I needed to get in control of my anger and move beyond it. I decided I deserved a better life, a happier life. After years of learning anger management techniques, of talking to doctors, of learning and supporting and talking to others like myself, I finally developed effective techniques in curbing my anger. Now I spend my time helping others overcome their anger issues, to help them finally lead a life free from anger. Imagine what it would be like to feel in control of your emotions, to not have to worry and stress about having outbursts at the worst possible times. Stop suffering and start living again by reading Anger: A Guide to Learning to Love Yourself and Move Beyond Anger, and discover a life filled with hope and enjoyment rather...

- Read Anger: A Guide to Learning to Love Yourself and Move Beyond Anger (Paperback) Online
- Download PDF Anger: A Guide to Learning to Love Yourself and Move Beyond Anger (Paperback)

Other Kindle Books



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

Download ePub »



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any...

Download ePub »



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and...

Download ePub »



History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This version of the History of the Town of Sutton Massachusetts...

Download ePub »



Never Invite an Alligator to Lunch! (Paperback)

Lucky Me Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. NEVER Invite an Alligator to Lunch! delivers a fun,...

Download ePub »