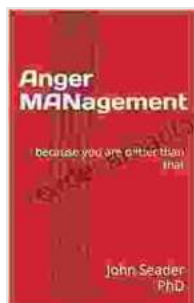


Anger Management: Because You Are Better Than That

Anger is a normal emotion. Everyone experiences it from time to time. But when anger becomes a problem, it can damage relationships, careers, and even physical health.



Anger MANagement: because you are better than that

★★★★★ 5 out of 5

Language	: English
File size	: 4559 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 179 pages
Lending	: Enabled
Screen Reader	: Supported



If you find yourself struggling to control your anger, you're not alone. Millions of people struggle with anger management issues. But there is hope. With the right help, you can learn to manage your anger in a healthy way.

This book provides practical tips and strategies for managing anger in a healthy way. You'll learn how to:

- Identify the triggers that make you angry
- Develop coping mechanisms for dealing with anger

- Communicate your anger in a healthy way
- Resolve conflicts peacefully
- Forgive yourself and others

If you're ready to take control of your anger, this book is for you. With the help of this book, you can learn to manage your anger in a healthy way and live a more fulfilling life.

Here's what people are saying about Anger Management: Because You Are Better Than That:



“This book is a lifesaver. I've struggled with anger management issues for years, and this book has finally given me the tools I need to control my anger.” - Our Book Library reviewer”



“I highly recommend this book to anyone who struggles with anger management. It's full of practical tips and strategies that really work.” - Goodreads reviewer”



“This book is a must-read for anyone who wants to improve their anger management skills. It's well-written, easy to follow, and full of helpful information.” - BookBub reviewer”

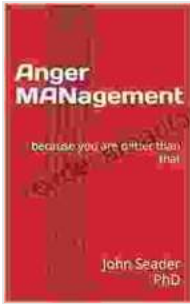
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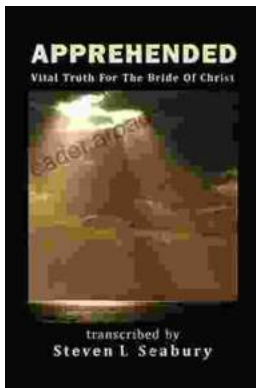


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