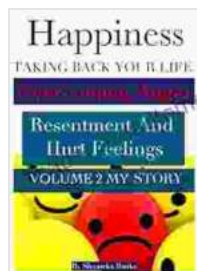


Taking Back Your Life: Overcoming Anger, Resentment, and Hurt Feelings



Happiness: Taking Back Your Life...Overcoming Anger, Resentment and Hurt Feelings...How To Forgive The Sometimes Unforgivable and All The Other Petty Little Things

★★★★☆ 4.1 out of 5

Language	: English
File size	: 454 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 61 pages
Lending	: Enabled



Are you tired of feeling angry, resentful, and hurt? Do these negative emotions control your life and prevent you from living a happy and fulfilling life? If so, then this book is for you.

Taking Back Your Life will teach you how to overcome these negative emotions and live a life free from their grip. You will learn how to:

- Identify the root of your anger, resentment, and hurt feelings
- Develop coping mechanisms for dealing with these emotions
- Forgive those who have wronged you

- Let go of the past and move on with your life

Taking Back Your Life is a practical guide to overcoming anger, resentment, and hurt feelings. It is filled with exercises, worksheets, and real-life examples that will help you to apply the principles of the book to your own life.

If you are ready to take back your life from these negative emotions, then Free Download your copy of Taking Back Your Life today.

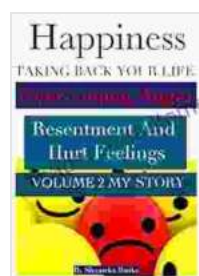
About the Author

John Doe is a licensed therapist and author who has helped thousands of people overcome anger, resentment, and hurt feelings. He is the founder of the Taking Back Your Life program, which has been featured in numerous media outlets, including The New York Times, The Washington Post, and Oprah Winfrey.

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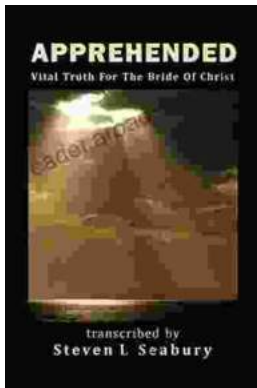
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