



Anger Management: What You Need to Know When Dealing with Anger

Krystal Kuehn

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We have two choices when it comes to dealing with anger in our lives: We either learn to control it or it will control us. Anger is not something we can avoid or ignore. Whether it is our own anger or someone else's, much of our days are spent dealing with anger and its consequences. In *Anger Management: What You Need to Know When Dealing with Anger*, not only will you get plenty of anger management techniques and tools to help in dealing with anger, you will get encouragement and hope as well. In *Anger Management: What You Need to Know When Dealing with Anger*, you will be empowered to take control of your life. You will be guided along a path to freedom, inner peace, true strength, greater self-control and confidence, and a new outlook. If you want to develop effective anger management skills that will improve every area of your life—relationships, mental and physical well-being, perspective and outlook, self-control, confidence, inner peace, everlasting joy, and greater love and harmony with others, then this book is for you!

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