



Anger Management: How to Control Your Anger (Anger Control, Emotional Control, Frustration, Rage, Temper, Controlling Anger, Controlling Your Temper)

Christian Olsen, Rita Chester

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Learn how to control your anger right now! (2 book bundle) Book 1: Anger Management Men: Anger is a natural way to react when people or circumstances cross our boundaries, don't meet our expectations, or things are just PEACHY! It's called life, right? But sometimes, it can get out of hand, or we wish we would be able to stop the boiling aggressive energy inside us. No worries! This book is excellent for anyone looking for some quick tips to manage your anger better. You can read about:

The psychological and biological causes of anger.

Ways to control or diminish your anger.

The best ways to deal with angry relatives.

Relaxation tips.

Etc.

Book 2: Anger Management Women: Sometimes we get frustrated or simply can't take it anymore in life. A LOT of circumstances and people are working against us and we are boiling up inside, waiting to explode. Well, there are ways to handle these emotions better. These feelings often come naturally when people cross our boundaries or we face disappointments, but minimizing your anger IS possible. You'll learn in this book, for example:

The psychological and biological causes of anger.

Ways to control or diminish your anger.

The best ways to deal with angry relatives.

Relaxation tips.

And much more!

Keywords: anger management, managing anger, manage anger, manage your anger, anger control, controlling anger, control anger, anger controlling, control your anger, being angry, angry spouse, angry husband, angry wife, angry men, angry women, anger control for men, anger control for women, anger management for men, anger management for women, anger management for husbands, anger management for wives, anger control husbands, anger control wives, control rage, rage control, raging, rage management, managing rage, control your temper, temper control, controlling your temper, managing your temper, hot tempered, hot tempered men, hot tempered women, fury, aggression control, controlling aggression, channeling aggression, channel aggression, how to handle aggression, how to control aggression, channel your anger, channeling anger, channeling rage, channel rage, dealing with angry husband, dealing with angry wife, how to deal with anger, how to deal with rage, how to deal with fury, how to deal with aggression, dealing with aggression, avoiding aggression, avoiding rage, avoiding anger, stop anger, stop rage, stop aggression, quit raging, how to stop being angry, being angry, stop being angry, don't be angry, never be angry, never be furious, being furious, handle frustration, frustration, frustrated, don't be frustrated, handling frustration, prevent frustration, avoid frustration, stop frustration, frustration control, frustration management, managing frustration, controlling frustration

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Daniel Ellis:

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Carol Smith:

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