



# **Anger Management: The Ultimate Guide to Keeping Your Anger in Control - Stop the Rage, Keep Your Cool, and Live Happily**

*Fhilcar Faunillan*

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This book will be your guide as you take the road to a new lifestyle. Anger management is a difficult behavior to learn. But just like anything else, if you desire it with all your heart and mind to be somebody different, then nothing is impossible to achieve. You will find in this book different ways to define anger. It is also important to know what anger can do to us if not properly managed. In addition, we have given you a list of techniques on how to control anger and be able to flow with it instead. At the end of this book, we hope that you will be able to just let anger slip away from your hands before your day ends so as not to have nights with heavy hearts. Also, that you may be able to choose to live more days of happiness than to live a life full of rage. After all, we are in control of our emotions and should be the other way around.

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