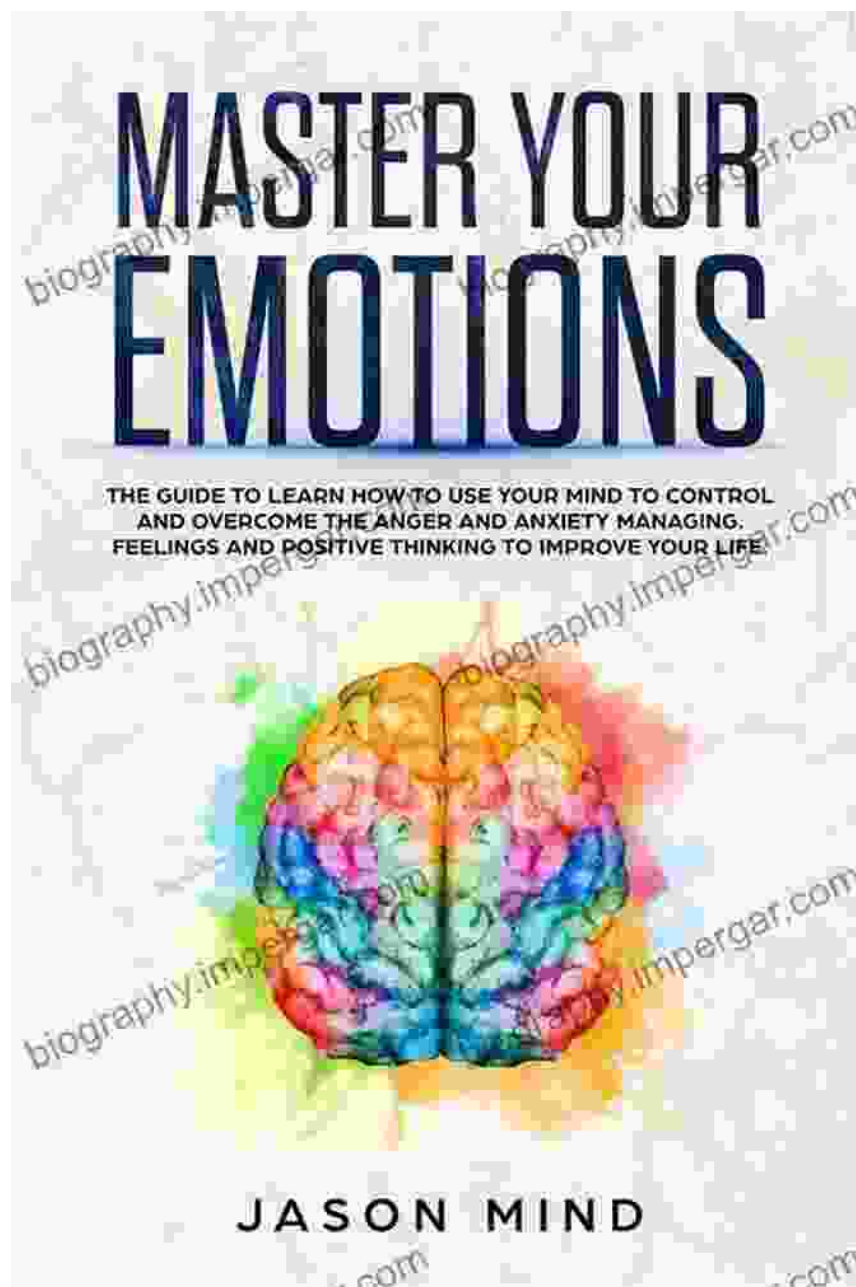
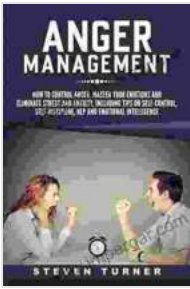


Unleash the Power Within: How To Control Anger Master Your Emotions And Eliminate Stress And Anxiety



Are you tired of being controlled by your emotions? Do you find yourself overwhelmed by stress and anxiety? If so, then this book is for you.



Anger Management: How to Control Anger, Master Your Emotions, and Eliminate Stress and Anxiety, including Tips on Self-Control, Self-Discipline, NLP, and Emotional Intelligence by Kimberly Dark

★★★★☆ 4.3 out of 5

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|----------------------|-------------|
| Language | : English |
| File size | : 3335 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 114 pages |
| Lending | : Enabled |



How To Control Anger Master Your Emotions And Eliminate Stress And Anxiety is a comprehensive guidebook that will teach you the life-changing strategies you need to take control of your emotions and live a more fulfilling life.

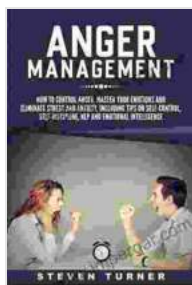
In this book, you'll learn how to:

- Identify the root causes of your anger
- Develop healthy coping mechanisms
- Control your anger in the moment
- Manage stress and anxiety
- Build resilience and self-confidence

With practical advice and real-life examples, this book will help you to understand your emotions and develop the skills you need to manage them effectively.

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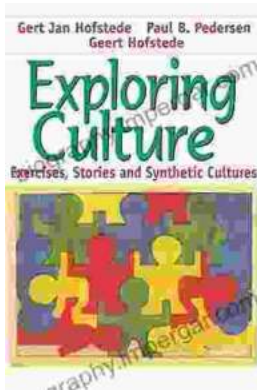
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