

# Anger Management: The Ultimate Guide on Overcoming Anger, Perfecting Your Relationships and Controlling Your Emotions (Anger, Anger Management)



Discover how to effectively overcome anger. Are you tired of being angry all the time? Are you tired of not being able to control your emotions? Not being able to control your emotions can be toxic. This book contains proven strategies on how to overcome anger, perfect your relationships, and control your emotions. Also, there is a bonus if you stay til the very end. This book contains everything you need to know about anger management and how to properly use it for your benefit. Nobody wants to be angry all the time. Nobody wants to be happy and just snap from one second to the other. If you want to overcome anger, this is the right book for you.

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