



Anger Management Guide: Proven And Practical Methods To Deal With Anger For Men And Women

Perry Newman

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This book tells you all you need to know about anger management. It also provides simple, proven strategies to overcome anger. You will be able to understand how controlling anger would help benefit your health.

Managing anger does not happen overnight. The quote 'Slow and steady wins the race' is the one to remember most while on the path to manage your anger.

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