



How to Control Your Anger: Effective Anger Management Techniques: Basics for Beginners (Resolution Support Packs Book 6)

Annabelle Stevens, Larissa Stevens

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We all experience anger at certain points in our lives, but if anger is getting the upper hand and affecting your relationships and career, it's time to learn some of the most effective techniques for anger management.

Effective anger management isn't about suppressing your emotions. It's about expressing them in a productive way that doesn't damage relationships, but rather, strengthens them. Learning what your anger triggers are and how to spot the signs you are becoming angry can put you in the driver's seat, with choices about what to do about the feeling of anger arising.

In this guide, you will learn how to spot the signs of anger, identify your triggers, and use effective anger management techniques to deal with your anger in a way that is much less explosive and volatile. Use the accompanying downloadable worksheets and all you learn in this guide to improve all of your personal and professional relationships. Stick to your resolution to learn anger management and see what a difference it can make in your life.

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Word Count=9003 plus downloadable worksheets

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About the Authors

The authors both work as life coaches to help people transform their lives and become their best selves. They are the authors of more than 50 guides on a range of self-help and money management topics.

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