

Rage Relief



Lets face it. We all understand what anger is, and weve all experienced it: whether as a fleeting annoyance or as full-fledged rage. Depending on how its dealt with and expressed, anger might be positive or detrimental. Anger is a totally normal, usually healthy, human emotion. However when it gets out of control and turns destructive, it may lead to big problemstroubles at work, in your personal relationships, and in the total quality of your life. And it may make you feel as if youre at the mercy of an unpredictable and powerful emotion. It seems like youve tried and tried but you may still be plagued with anger issues. Is this true for you? Then please continue on as you need to discover the secrets that show you how to quit being in a rage! The truth is: If You Want To Have Success With Controlling Your Emotions And Better Your Overall Life... You Need To Have A Look At This! In this book, you will learn all about: -Introduction To Your New Life-Identifying And Understanding Anger Triggers-Basics To Controlling Rage-Benefits Of Meditation For Calmness-Much MORE!

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