



Anger: A Guide to Learning to Love Yourself and Move Beyond Anger

By Ken Miramont

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn Effective Techniques to Reduce Your Anger and Control Your Emotions Does your temper force you into uncomfortable situations, always putting you on the edge of losing control of yourself? Does life have your frustrated and depressed with things not going right at work, at home, or at school? Do you feel like you have no way to address your emotions, a way to release them before they build up to the boiling point? Do you avoid activities, afraid that your anger will get the best of you, that it will embarrass you? For years I struggled with my temper. Little things in my daily life would set me off, often without any warning. Often after my outbursts I would feel embarrassed and that I had failed. I struggled with being able to even like myself. One day I decided I needed to change; I needed to get in control of my anger and move beyond it. I decided I deserved a better life, a happier life. After years of learning anger management techniques, of talking...



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