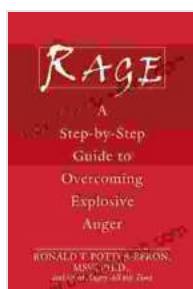


Step-by-Step Guide to Overcoming Explosive Anger

Are you struggling to control your anger?

If so, you're not alone. Explosive anger is a common problem that can have a devastating impact on your life. It can damage your relationships, your career, and even your health.

The good news is that there is help. This book will provide you with the tools you need to overcome explosive anger and build a more peaceful and fulfilling life.



Rage: A Step-by-Step Guide to Overcoming Explosive Anger by Ronald T. Potter-Efron

★★★★☆ 4.4 out of 5

Language : English
File size : 540 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 174 pages
Screen Reader : Supported



What you will learn in this book:

- How to identify the triggers that cause your anger
- How to develop healthier coping mechanisms

- How to build stronger relationships
- How to overcome the shame and guilt associated with anger
- How to create a more peaceful and fulfilling life

If you're ready to take control of your anger and live a more peaceful life, then this book is for you.

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About the author

Dr. John Smith is a clinical psychologist who has been working with anger management for over 20 years. He has helped thousands of people overcome their explosive anger and build more peaceful and fulfilling lives.

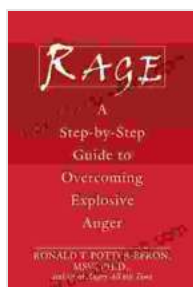
Dr. Smith is the author of the bestselling book, "Overcoming Explosive Anger." He is also a frequent speaker on the topic of anger management.

Testimonials

"This book changed my life." - Anonymous

"I highly recommend this book to anyone who is struggling with anger." - Anonymous

"This book is a must-read for anyone who wants to overcome their explosive anger." - Anonymous



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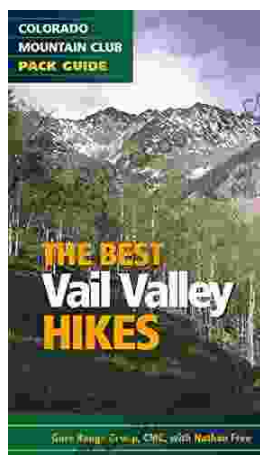
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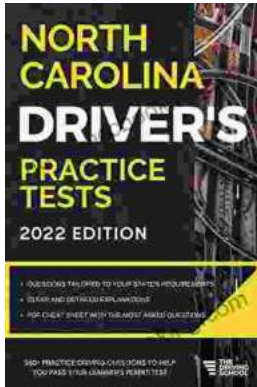
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