



# Anger Management: How to manage your anger and overcome emotions that destroy

*Patricia A Carlisle*

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This book contains proven steps and strategies on how to manage and overcome your Anger. Do you discover yourself getting into continuous arguments and fights? Anger is an ordinary, solid feeling, yet when constant; it can have considerable negative outcomes for your connections, your wellbeing, and your perspective. Controlling anger has many favorable outcomes for your life as well as the lives of the people around you. Anger is usually a feeling that most people find hard to control and a feeling that keeps circling our mind again and again after we happen to feel angry about something. Those are the two main reasons that anger is a very destructive and damaging feeling to yourself and people that are close to you. With a good understanding about the genuine purpose behind your anger and these anger management devices, you can figure out how to keep your temper from capturing your life.

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