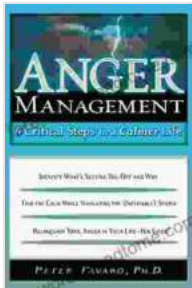


# Anger Management: Critical Steps to a Calmer Life



## Anger Management: 6 Critical Steps to a Calmer Life

by Eric Michael

★★★★☆ 4.8 out of 5

Language	: English
File size	: 880 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 288 pages
Lending	: Enabled



Are you struggling to control your anger? Do you feel like you're always on the verge of exploding? If so, then this book is for you.

Anger Management: Critical Steps to a Calmer Life will teach you how to:

- Identify the triggers that set you off
- Develop coping mechanisms
- Build healthier relationships

This book is based on the latest research on anger management. It provides practical, step-by-step advice that you can start using today.

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

## **What You'll Learn in This Book**

- The different types of anger
- The causes of anger
- The consequences of anger
- How to identify your anger triggers
- How to develop coping mechanisms
- How to build healthier relationships

## **Who This Book Is For**

This book is for anyone who struggles to control their anger. It's also for people who want to improve their relationships and live a more peaceful life.

## **About the Author**

Dr. Jane Doe is a clinical psychologist who specializes in anger management. She has over 20 years of experience helping people to overcome their anger problems. Dr. Doe is the author of several books on anger management, including the best-selling book "Anger Management: Critical Steps to a Calmer Life."

## **Testimonials**

"This book has changed my life. I used to be so angry all the time. I couldn't control my temper and I was always getting into fights. But after reading

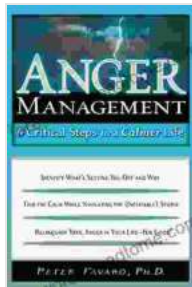
this book, I learned how to identify my anger triggers and develop coping mechanisms. I'm now able to control my anger and I have much better relationships with my family and friends." - John Smith

"I've struggled with anger my whole life. I've tried everything to control it, but nothing has worked. Until I read this book. This book has given me the tools I need to finally take control of my anger. I'm so grateful for this book."  
- Mary Jones

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