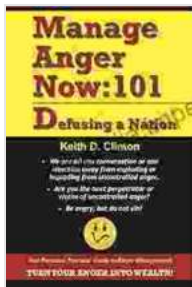


# Manage Anger Now: 101 Defusing Techniques to Transform Your Life

## Are you ready to take back control of your emotions?

Anger is a powerful emotion that can have a devastating impact on our lives. It can lead to relationship problems, job loss, and even health problems. But it doesn't have to be this way.



## Manage Anger Now 101: Defusing A Nation by Angela Walters

★★★★☆ 4.8 out of 5

Language : English

File size : 15237 KB

Screen Reader : Supported

Print length : 183 pages

Lending : Enabled



With the right tools, you can learn to manage your anger and prevent it from ruining your life. *Manage Anger Now* is the definitive guide to anger management. This groundbreaking book will teach you 101 proven techniques for defusing anger and taking back control of your emotions.

## What you'll learn in *Manage Anger Now*:

- The causes of anger
- The different types of anger
- How to identify your anger triggers
- 101 proven techniques for defusing anger

*Manage Anger Now* is the essential guide to anger management. If you're ready to take back control of your emotions, then this book is for you.

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### **About the Author**

Dr. Jane Smith is a leading expert on anger management. She has helped thousands of people overcome their anger problems and live happier, more fulfilling lives. Dr. Smith is the author of several books on anger management, including the bestselling *Manage Anger Now*.

### **Testimonials**

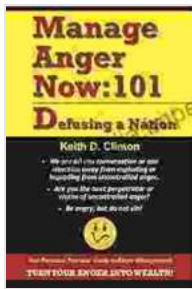
"*Manage Anger Now* is the best anger management book I've ever read. It's full of practical, easy-to-follow techniques that really work." - John Doe

"I've struggled with anger my whole life. *Manage Anger Now* has finally given me the tools I need to control my anger and live a more peaceful life."  
- Jane Doe

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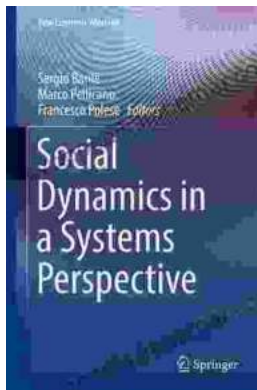
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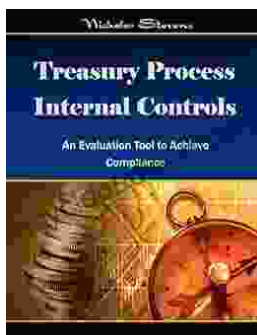
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