

ANGER CONTROL

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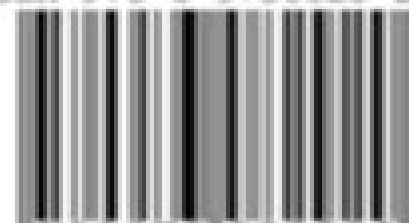
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- ~ Have the power to stop anger and stay calm
- ~ Be more relaxed and physically healthier
- ~ Be more successful at whatever you do
- ~ Be more loved and liked by family and friends

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Audio course. About 54 minutes.

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Guided Imagery For Anger Management

B Lingard



Guided Imagery For Anger Management:

Unveiling the Magic of Words: A Overview of "**Guided Imagery For Anger Management**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Guided Imagery For Anger Management**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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