

ANGER CONTROL

Learn how to control your anger and don't let it control you



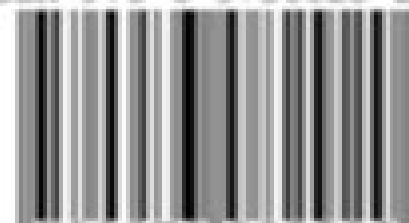
8-minutes a day, listen & learn — achieve success

- ~ 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

By Family Therapist Abe Kass M.A., R.S.W., R.M.F.T.

Audio course. About 54 minutes.

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Guided Imagery For Anger Management

Wenbin Ji



Guided Imagery For Anger Management:

Delve into the emotional tapestry woven by in Experience **Guided Imagery For Anger Management** . This ebook, available for download in a PDF format (*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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