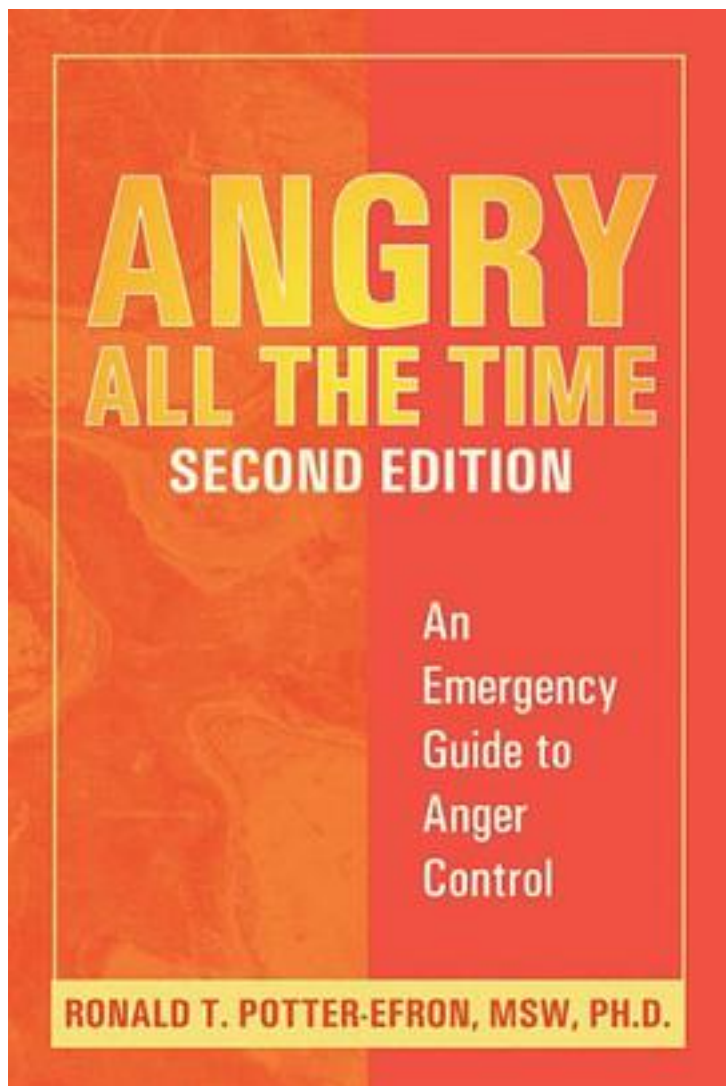


Angry All the Time



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If you've picked up this book, chances are you're someone with a serious anger problem. Your explosive temper has probably cost you jobs, friends, loved ones--maybe even your liberty. If it hasn't yet, it soon will, unless you do something about it. This book contains a powerful and straightforward system for taking control of your anger and your life. This program is not easy, and it might even be painful at times--but it works. The book will teach you how your anger escalates and what you can do to change your angry thoughts and behaviors. Then it's your turn. When you make and keep that promise to yourself to stay calm no matter what, the happier, safer life you want will become a possibility. With this book, you'll be able to: Identify the causes of your angerAvoid violence, blaming, and threatsStay calm one day at a timeChange anger-provoking thoughtsAsk for what you want without anger

作者介绍:

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