



Anger Management Secrets: How To Live a Longer Happier Life By Overcoming Anger Issues

Jeri Lang

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Discover six steps for going from feeling angry to feeling great! Learn how to successfully manage your anger and the best ways to get rid of anger quickly and easily. Find effective ways to help teenagers and children control their anger and become happier adults. Learn the best ways to stay calm instead of losing your cool. Must read book for anyone interested in living a happier life now.

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