



Anger, 2nd Edition: Anger Management Book for Stress, Anger, Fear & Anxiety Relief

Zac Dixon

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Do you struggle with controlling your anger and lose it at times? Do you want to have your control back? Do you want to know the secret to using your anger instead of letting the emotion use you?

I have worked with clients with a lot of anger, and I have also cured a lot of clients from feeling angry. All you need to release this emotion is a correct strategy that works every time, and the reason it works is because we all have the same nervous system. I want to find out what you are doing with your body when something triggers that state in you. This book is filled with techniques and strategies that can be applied straightaway to release this emotion.

We need to understand that every emotion we experience from day to day is useful in some context. So, by us knowing that, we can start having fun with our own emotions.

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