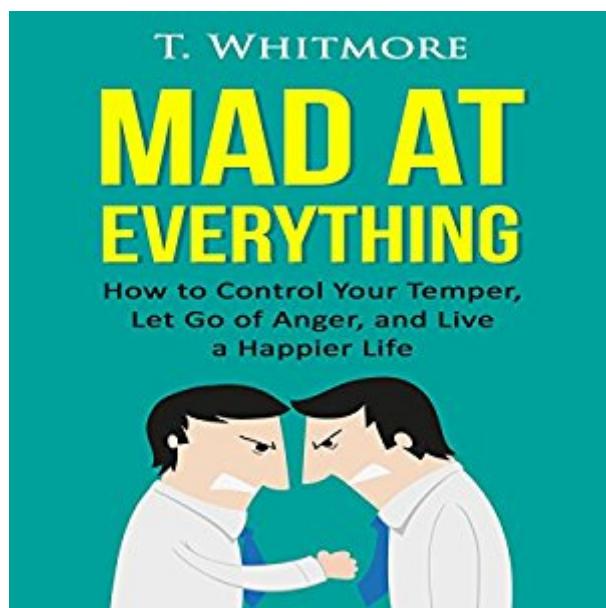


The book was found

# Mad At Everything: How To Control Your Temper, Let Go Of Anger, And Live A Happier Life: Your Guide To Anger Management, Controlling Your Frustration, And Living A Happier Life



## **Synopsis**

While anger is a normal emotion, when it goes unmanaged, it can wreak havoc on everyone else's life, including your own. Whenever you are unable to control the fits of anger, the end results are often destructive, leading to problems in personal relationships, at work, and overall affecting your entire existence. Anger can damage your relationships and health when you don't express it at all, if you express it unsafe ways, or if you express it at the wrong time. Overall, it remains imperative to learn how to control your anger such that you don't go causing harm to others when you express it wrongly or cause harm to yourself when you bottle it up. It's easy to see that you need to control anger before it controls you. But, how? This book will teach you. Here are a few things you will learn: Thinking before you speak Identifying other possible solutions other than anger Using humor to release tension Relaxation skills How not to hold a grudge How to express your anger calmly And much more! Listen and take action now for even deeper information on anger management. My greatest hope is that you are able to find your calm amidst the realms of anger.

## **Book Information**

Audible Audio Edition

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Best Sellers Rank: #3 in Books > Science & Math > Biological Sciences > Biophysics #16 in Books > Science & Math > Biological Sciences > Biology > Molecular Biology #26 in Books > Self-Help > Anger Management

## **Customer Reviews**

Pretty deep analysis of anger management, The book addresses anger in a good way first by letting the reader know that we should express our anger but in a safe way not to harm others and ourselves, and it goes deeper by alerting us that not expressing it at all is dangerous to our health and we should do it in the best way possible, with the relaxation tips being shared.

Impressive! I downloaded this book for my boyfriend in the hopes that he would actually go through

it and be able to take something away from it. He is always getting impatient and quick to snap at me and other people for no reason. This book was great because it was short, to the point and packed with practical tips and techniques to keep anger levels down. So much worth recommending!

This book is the book to help. There are many great pieces of advice that make this book worth reading. Not only will it help the person who suffers from anger issues, but there are sections in this book that will help the people in that person's life. The most helpful piece of advice I found in this book is to put yourself in their shoes. The author not only uses common sense in their writing but also did the research into the physicality of anger, stating a study that was done on the serotonin levels in individuals that are angry.

I really love this book because it reminds me how control my temper and be wise in every action I make. Being mad at small things makes life more difficult, worrisome and stressful specially even at simple things. This book helps me to understand that life is happier and free when nothing to be mad of. I am so happy to met this book and I am thankful as well that it really change me a lot as an individual.

Very informing and useful book! This book carries a very important subject which is everybody's concern. We all get triggered and get angry and even for some people, anger has become a very difficult thing to deal with and control. And so because we don't want to make our lives even more difficult, we need to learn the art of managing anger and live in the best way that we can. So much worth recommending!

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And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) The Anger Workbook: An Interactive Guide to Anger Management I would, but my DAMN MIND won't let me: A teen's guide to controlling their thoughts and feelings (Words of Wisdom for Teens) (Volume 2) Anger Experiences: Group Leader Workbook (Anger Management) (Volume 2) Controlling High Blood Pressure the Natural Way: Don't Let the "Silent Killer" Win Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life! Life Hacks: Any Procedure or Action That Solves a Problem, Simplifies a Task, Reduces Frustration, Etc. in One's Everyday Life Cupcakes For Dinner!: The Only Parenting Book That Teaches How Cooking With Your Child Helps You Raise Confident, Caring Kids Without Temper Tantrums or Power Struggles. Includes 85 recipes & more! Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Temper: Road Roses MC Good Days and Mad: A Hysterical Tour Behind the Scenes at Mad Magazine Eat, Drink, and Be Mad Libs (Adult Mad Libs) Mad Scientist Mad Libs Bachelorette Bash Mad Libs (Adult Mad Libs)

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