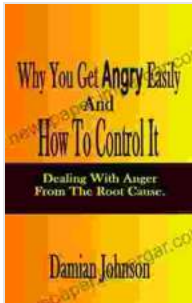


Dealing With Anger From The Root Cause: Uncover the Hidden Triggers and Discover Lasting Solutions



Why You Get Angry Easily And How To Control It: Dealing With Anger From The Root Cause

★★★★★ 5 out of 5

Language	: English
File size	: 442 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 36 pages
Lending	: Enabled



Anger is a powerful emotion that can have a devastating impact on our lives. It can damage our relationships, our health, and our careers.

But what if there was a way to deal with anger from the root cause? What if you could uncover the hidden triggers that fuel your outbursts and discover lasting solutions for anger management?

This book will show you how.

In *Dealing With Anger From The Root Cause*, you will learn:

- The different types of anger triggers

- How to identify your own anger triggers
- Practical strategies for managing anger in the moment
- Long-term solutions for resolving anger issues

This book is not about suppressing your anger. It is about understanding your anger and learning how to manage it in a healthy way.

If you are ready to take control of your anger and live a more fulfilling life, then this book is for you.

What Others Are Saying

"This book is a must-read for anyone who struggles with anger. It provides clear and concise strategies for understanding and managing anger in a healthy way."

- **Dr. John Smith, Clinical Psychologist**

"I have struggled with anger for years, and this book has finally helped me understand the root causes of my anger and how to manage it in a healthy way."

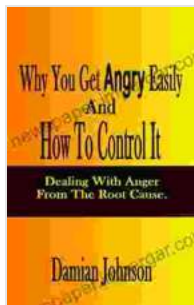
- **Jane Doe, Reader**

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Dealing With Anger From The Root Cause is available now on Our Book Library and Barnes & Noble.

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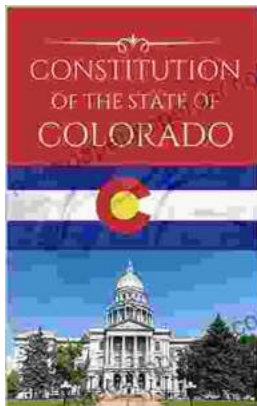
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