



# **Anger Management: The Complete Guide To Anger Management - How To Control Your Anger, Overcome Stress, Anxiety, And Start Living A Happier Life! (Anger, Mindfulness, Frustration)**

*Lindsey Cole*

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## **Anger Management**

### **The Complete Guide To Anger Management - How To Control Your Anger, Overcome Stress, Anxiety, And Start Living A Happier Life!**

We are living in an insane, nay, in a sense a disturbed world. Rarely will a day slip away without going brainsick over certain triggers. Anger Management is a powerful guide that helps you recognize the primary emotions that trigger off your anger.

This book equips you with the right skills to recognize signs of frustration at an early point in time and to positively respond to the signs. It's full of expert advice on tackling anger, while at the same time keeping you calm, positive, and in control. The result is good health, good judgment, and inner peace simply because the stressors, and other "anger triggers" are turned in your favour.

The book employs science and contemporary stories to help you thwart irritability, impulsivity, and impatience. In this book, you will find a number of anger-management techniques—some are simple enough to practice on your own, and others have to be combined with group therapy.

### **Here is a sneak peek of the topics covered in anger management:**

- "Problem" anger and normal anger
- Emotional brain vs. thinking brain
- Discovering the triggers and warning signs
- Mastering assertive communication
- Empathic listening skills
- Deactivating anger buttons
- Finding inner peace

- The downside of anger
- The good side of anger that you didn't know

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