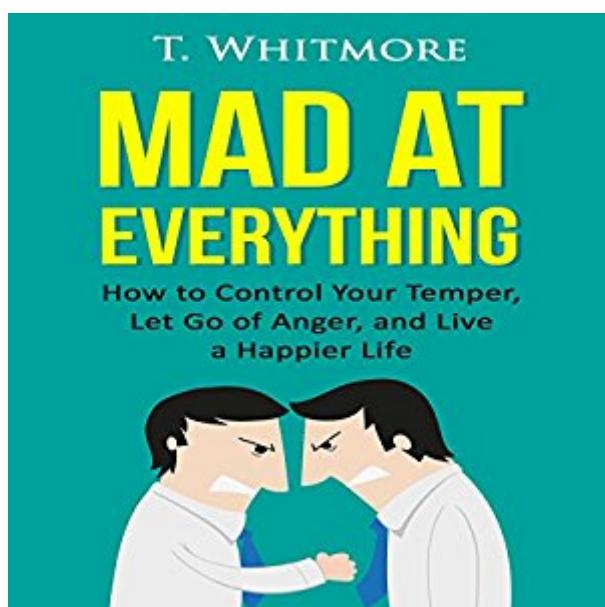


The book was found

# 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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## **Customer Reviews**

This is an excellent book on Relationship Improvement. All of the information and tips that I need to know about how to improve our relationship are already revealed and well-described inside. T Whitmore has done a very awesome job in compiling and creating this Relationship book. Also the unique part of this book is the compilations of the guide of Control Your Temper, Let Go of Anger. They are so useful, great, and very well-written. This book is really a great resource for me. Overall, this book is worth reading! I highly recommend this book to all. Therefore, I'd like to give this book a

Very High and Amazing 5-Star.

Excellent! This book is sure to help couples overcome hurdles in their relationships and reach the fullest potential in their love lives. The Best marriage book I've encountered so far, this book was good it helps couples consider the journey they will be taking together. Such a great guide and advices for married couple. This book can able to help every couple to keep love, intimacy alive and also to spice thing up in the bedroom. Really worth recommending!

I agree that in any circumstances nor situation; Anger can damage our 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 it will do harm as well so, 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 hence having this book then is a total relieve for all of us to manage it as well.

This is a terrible book! And WAY over priced! It's worth maybe \$4 not \$18! The book is super thin and the lettering is huge font and double spaced. The content is terrible. I should have read more into this book before I paid so much for it. The content gives basic general tips on how to not be angry, tips that every person already knows...like: use humor, calm down, be positive. Anyone seeking to control their anger needs a lot more indepth knowledge and explanation and information than this book can provide. Please do yourself a favor and DO NOT purchase this book it is NOT worth your money and definitely not what you are looking for!

Such an inspiring book! I am half way through this book and had to write a positive review. I love the way the book is written, short sentences that are direct and to the point. So many of the things I've read already in this book on anger management make sense. Many of the scenarios present by the author I see as direct parallels with things I've experienced in my own life. This is really worth recommending to all!

Excellent! This book is sure to help couples overcome hurdles in their relationships and reach the fullest potential in their love lives. The Best marriage book I've encountered so far, this book was good it helps couples consider the journey they will be taking together. Such a great guide and advice for married couple. Probably the most important book on communication and relationships

I've ever read.

Keeping your temper in check can be challenging. We all get angry sometimes, but if you're prone to rage bursts that rival The Hulk, it can really damage your relationships and even ruin your career. In this book you will find a lot tips for keeping your cool when your temper feels like a short fuse burning.

This is a very helpful guidebook to live a happy life. From this book you will learn thinking before you speak, identifying other possible solutions other than anger, using humor to release tension, how to express your anger calmly and much more. I hope this book is able to help you very much.

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