



Are You Chronically Angry?: Turn Your Life Around By Killing Anger And Achieving Calmness Everyday

Jennifer Carter

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An anger management book is loaded with various tips, tricks, and routines to help maintain one's calm. While everyone has the occasional day where it seems like nothing is going right, that everything is threatening to light that fuse of inner rage within them, such a book has more than enough exercises and advice to help people keep their cool and channel that fury and aggression into a more constructive pursuit. Anger management books are great for any stressed individual.

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