



Deepen Love and Happiness with Healthy Anger: A guide to Owning and Expressing our Feelings

Guru Jah

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We all experience various degrees of Love and Happiness. But when you are ready to deepen those experiences, you will need this book.

We have designed this writing to maximize getting you to Deeper Love and Happiness through understanding anger in a very different way.

Anger is not our enemy. Anger is the front line defense to hurt feelings.

Within these pages, you will be directed through a formula for Healthy Anger, the Steps of Discovery, the Five Steps of Finding Anger Issues, and, seeing the Six Steps to Forgiving in a unique perspective. These processes take us to the core of our hurt feelings and emotions in a way to resolve them. The end result is a sense of freedom to trust ourselves opening up to far deeper expressions of love and happiness, for ourselves and in our relationships.

We incorporate over 60 illustrations to impart visual understanding of key points that can stay with the reader far better than just the written word. Though full-color illustrations serve this goal far better, for affordability, we also offer a black-and-white [greyscale] print edition ISBN: 978-0-9914504-4-2.

[Editorial Note: Some few readers may find language chosen to impart characterization as unseemly.]

Blessings on your journey,

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Valerie Wright:

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