



Anger Management: Curb Your Destructive Impulses and Control Your Anger

Kelsey Gannon

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Anger Management: Curb Your Destructive Impulses and Control Your Anger Kelsey Gannon **Manage Your Anger and Start Living a Happier Life**

Do you find yourself uncontrollably angry for no apparent reason? Does the smallest incident set you off and you find yourself overreacting? Do you feel like you might actually get violent with some-one or have you ever been so angry that you have been violent? Do you have anger episodes at least once a week?

If you have answered yes to most of these questions then you have anger issues and you are in need of anger management. This self help guide will help you to take control of your anger issues. You will learn skills to help you deal with your anger disorder and find out possible treatment options.

Discover how you can help yourself overcome anger issues. And start living a happier and more satisfying life.

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