



Anger: How to Effectively Keep It under Control: Tips and Tricks to Dealing with Anger

Bradley Chin

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If you or any one you know has a challenge controlling their anger you should get a copy of “Anger: How to Effectively Keep It under Control.” This book not only outlines what exactly anger is but it also goes a bit more in depth and explains the steps that can be taken to effectively deal with anger. Everyone experiences anger and it is simply a matter of learning how to effectively diffuse that anger and find a viable solution for the problem at hand. The book is written in such a way that anyone can take it up, start reading it and instantly understand what is trying to be conveyed.

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