



Anger: A Guide to Learning to Love Yourself and Move Beyond Anger

Ken Miramont

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Anger: A Guide to Learning to Love Yourself and Move Beyond Anger Ken Miramont Learn Effective Techniques to Reduce Your Anger and Control Your Emotions

Does your temper force you into uncomfortable situations, always putting you on the edge of losing control of yourself? Does life have you frustrated and depressed with things not going right at work, at home, or at school? Do you feel like you have no way to address your emotions, a way to release them before they build up to the boiling point? Do you avoid activities, afraid that your anger will get the best of you, that it will embarrass you?

For years I struggled with my temper. Little things in my daily life would set me off, often without any warning. Often after my outbursts I would feel embarrassed and that I had failed. I struggled with being able to even like myself. One day I decided I needed to change; I needed to get in control of my anger and move beyond it. I decided I deserved a better life, a happier life.

After years of learning anger management techniques, of talking to doctors, of learning and supporting and talking to others like myself, I finally developed effective techniques in curbing my anger. Now I spend my time helping others overcome their anger issues, to help them finally lead a life free from anger.

Imagine what it would be like to feel in control of your emotions, to not have to worry and stress about having outbursts at the worst possible times. Stop suffering and start living again by reading *Anger: A Guide to Learning to Love Yourself and Move Beyond Anger*, and discover a life filled with hope and enjoyment rather than fear and anger.

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