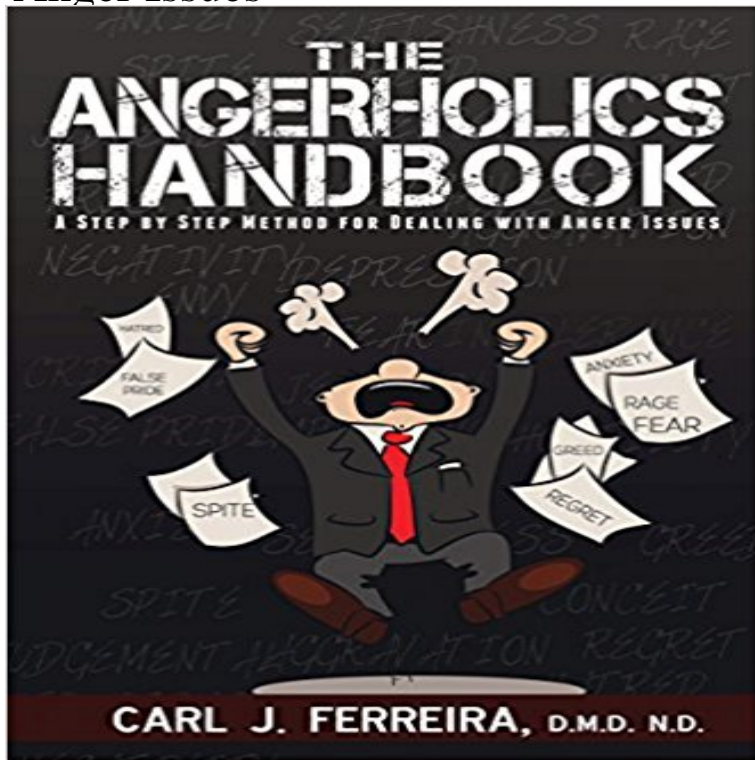


# The Angerholics Handbook: A Step By Step Method For Dealing With Anger Issues



Anger and hatred are our real enemies. They are the forces we most need to confront and defeat, not the temporary enemies who appear intermittently throughout our life. And unless we train our minds to reduce their negative force, they will continue to disturb us and disrupt our attempts to develop a calm mind. The Dalai Lama. As human beings we are meant to experience a wide range of emotions, and anger is one of those emotions that should not be dismissed. The challenge is not the anger itself but how we deal with it and express it. The first step is allowing yourself to feel the anger without judgment and release it in a productive way. The Angerholics Handbook contains methods to recognize and control your anger in a logical, step-by-step manner. An easy-to-read, insightful book complete with anecdotes, parables, pertinent quotations, and illustrations, The Angerholics Handbook is filled with common-sense solutions and practical tools to deal with the maddening issues we face each day.

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