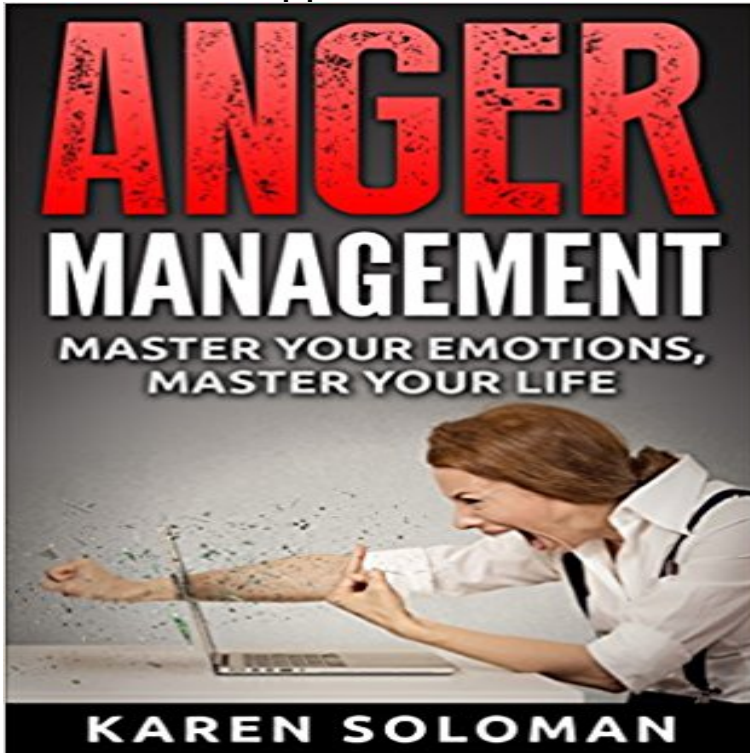


## Anger Management: Ultimate Guide for Anger Management, No More Frustration, Irritability, or Losing Your Temper: Master Your Emotions, Start Your Happier and Better Life Today!



Use These Powerful Anger Management Tips Today! Start Positive Thinking, Anger Control, Optimism and Emotion Control Now This book has actionable information on how to manage your anger. We all have moments when we have boiling rage when we feel we are just about to lose our cool (or probably lose our cool). Anger is a normal human emotion that we all have. But the good news is that, evolution has hardwired many of us to be able to handle our rage. Unfortunately, some of us dont have this ability. Something small can annoy us and make us do crazy things that we regret when we cool down. Let me give you a story to make you have an idea of what rage can do and why you should do something about it. A story is told of a middle-income earner who had just moved in to his dream house with his wife and eight-year-old son. A few weeks after they started living in their house, the man brought home a beautiful car, which he went and bragged to the eight year old how he had just purchased a wonderful toy for himself along with the family. He went and showed the son the interiors, took him for a ride then when they got back home, he went into the house and left the son outside the house to marvel at the beauty of the new car. Well, the son enjoyed the car but then he thought to himself that he could make daddys car a little better. So he went to the garage, picked a hammer and a few nails then he started driving nails into the cars exterior. When he had just finished making his beautiful pattern to improve the dads car, he ran into the house, picked up his dad and told him dad, come and see how I made your car beautiful. All excited, he ran outside with the father to where the car was. On seeing the car, the father wasnt exactly impressed at what the son had just done. In his moment of anger, he held the sons little hands, placed them on a hard surface, picked up the hammer and pounded on the sons little fingers with all

his might while the son was screaming to the top of his lungs for the father to stop. Then the boy passed out as the father was hammering his hands. That's when the father stopped, picked him up and rushed him to the hospital. The son was admitted in intensive care then the father left and took the car for repair. Several days later, the son gained some consciousness then the father came to see him. The first thing that the son said is; did you fix your car? After which the father said; yes, they will have it fixed within a few days. The son then replied; will I get my fingers and hand fixed in a few days? These words pierced through the father's mind and heart. After talking to the doctors, he was told that the son may take years before he could actually start using his hands. In addition, the scars on his hands would probably never disappear. That day, the father committed suicide for letting a short moment of anger to blur his judgment. Here is A Review of What You'll Learn Sources Of Anger Positive Self-Talk Techniques Identify Your Anger Triggers Relaxation Self-Esteem And Confidence Learn To Be Assertive Take action now and get this Kindle book for only \$0.99!

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