



# Anger Issues: Exposed... 5 Easy Steps On How to Deal With Anger Today!

*Jayne Omojayne*

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My friend, if your anger, or that of a loved one, is out of control and threatening your life and livelihood, you need the calm, clear, and understanding help you'll find in "Anger Management: Exposed... 5 Easy Steps On How to Control Anger!" This is a succinct and no-nonsense book which addresses specific and diverse anger management methods, skills, and exercises that will lend a hand to you to identify the sources of your anger burst and free yourself from their grasp. Finally, in this book you will learn how yet a small amount of anger can capture your life if you let it. As you will soon discover inside this book - which is an easy step by step presentation that makes sense and allow you to evaluate your feelings like they are normal even if no one can help you, this will if you will take action!

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