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Better Person Box Set: 3x Book - Anger Management, Control Emotions, Fearless



Synopsis

Anger Management How To Effectively Control And Manage Your Anger To Rid It From Your Life Forever , Fearless Become Fearless In All Situations Needed To Succeed In Life, Control All Your Different Emotions Get this bestseller. Read on your PC, Mac, smart phone, tablet or Kindle device. You are about to discover how to... Having control over your emotions is vital if you want to live a happy life. Having never been taught how to handle emotions I struggled for years with my own. I thought there was something wrong with me. It took me a while to find all of the information I provide in this book but each and every technique has been used by myself in order to take control of my own emotions Here Is A Preview Of What You'll Learn... 10 Things You Need to Know About Anger Five Reasons Why You Should Not Be Angry How to Handle Anger What it means to be fearless) Why one has to be fearless Becoming fearless is the key to success Understanding Your Emotions How to Become More Emotionally Independent Much, much more! Download your copy today! Take action today and download this book

Book Information

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Customer Reviews

This is a three book set. The first book deals with how to control and manage anger. The book

discusses anger and gives some reasons why you should not be angry. Then the author discusses how to handle anger and recommends foods and drink that can help us control anger. The material is easy to read and understand. The second book is about being fearless. According to the author, you should learn to control your fear and how to be free from it. The third book in the set is Controlling Your Emotions. There are examples and questions to ask yourself so that you may understand your emotions better. This book goes through why we have certain emotions and how we can become emotionally independent. The author suggests using affirmations to gain control of your emotions. Finally, the book includes a chapter on how diet and exercise affect our emotions.

Overall I found the information in these 3 books to have very good useful information. They were direct and to the point which made them easy to follow and easy to read.

I've actually only read the "Anger" part of this trilogy, that's the part I feel I have the most problems with. The book is simple and to the point, it explains where the anger comes from how to recognize it and ultimately control it. Definitely worth reading!

Interesting

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Them The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills Top 20 Box Set: Cities of Spain Travel Guide - Top 20 Things to See and Do in Barcelona, Madrid & Seville (Travel Box Set Book 3) NLP: Neuro Linguistic Programming: Re-Program Your Control over Emotions and Behavior, Mind Control, 3rd Edition Nlp: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control Don't Bite the Hook: Finding Freedom from Anger, Resentment, and Other Destructive Emotions Transforming Our Painful Emotions: Spiritual Resources in Anger, Shame, Grief, Fear and Loneliness How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series)

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