

THE SECRETS OF ANGER MANAGEMENT



**LEARN HOW TO CONTROL YOUR RAGE
AND TAKE CONTROL OF YOUR LIFE**

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Foreword

Everybody has likely felt anger at one time or another. While particular individuals get angry more often than others and have regular, intense outbursts, others tend to bottle their feelings and then blow up or flare up without warning.

Anger is a basic human emotion and a natural response to situations beyond our control. There are a lot of things that may set off or contribute to anger, like the actions of another individual, an event, tension, expectations not being met, feeling hurt, contempt, humiliation, embarrassment, jealousy and sorrow.

Depending upon how it's dealt with and expressed, anger may be favorable or damaging. It has favorable effects when angry feelings help you address an issue or subject with yourself or a different individual and correct the situation.

Handling anger positively enables you to put damaging emotions into perspective. When you wish to let off steam, feel frustrated or distressed, there are constructive methods to channel your anger like listening to music or going to gym. These are frequently utilized in treating anger disorders.

But, expressing anger in a negative way frequently leads to assorted unhealthy behaviors like violence and aggression. You might get out of control and threatening to other people. When anger interferes with your power to think or act clearly, this may cause you to receive unnecessary trouble.

If anger cramps your personal relationships with friends and loved ones, leads to violence, makes trouble in your business life, or

individuals fear your temper, you might be suffering from anger disorders and addressing anger becomes crucial.



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Learn how to control your rage and take control of your life.