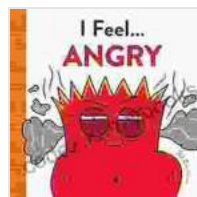


Feel Angry: A Powerful Guide to Understanding and Managing Your Anger

Anger is a normal human emotion. Everyone experiences it from time to time. But when anger becomes excessive or uncontrollable, it can damage your relationships, your health, and your overall well-being.



I Feel... Angry by DJ Corchin

★★★★★ 5 out of 5

Language : English

File size : 3448 KB

Print length : 56 pages



If you're struggling to manage your anger, Dr. Corchin's book *Feel Angry* can help. This comprehensive guide provides practical tools and techniques for identifying the sources of your anger, developing healthy coping mechanisms, and building resilience.

What You'll Learn in *Feel Angry*

- The different types of anger and what causes them
- How to identify the triggers that make you angry
- Healthy ways to express your anger
- How to develop coping mechanisms for dealing with anger
- How to build resilience to anger

Why You Need Feel Angry

If you're struggling to manage your anger, *Feel Angry* can help. This book provides the tools and techniques you need to understand your anger, develop healthy coping mechanisms, and build resilience. With Dr. Corchin's guidance, you can learn to manage your anger in a healthy way and improve your overall well-being.

Free Download Your Copy of Feel Angry Today

Feel Angry is available now at all major bookstores. Free Download your copy today and start learning how to manage your anger and improve your life.



About the Author

Dr. Corchin is a leading expert in the field of anger management. He has over 20 years of experience helping people to understand and manage their anger. Dr. Corchin is the author of several books on anger management, including *Feel Angry* and *The Anger Workbook*.



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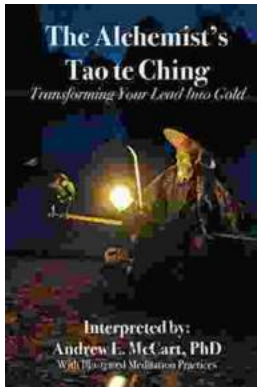
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