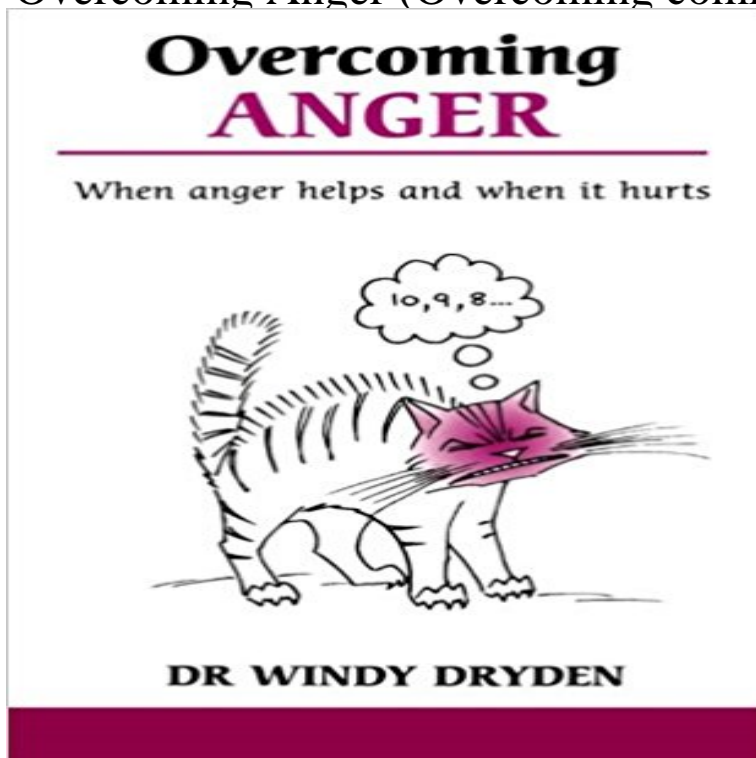


Overcoming Anger (Overcoming common problems)



Windy Dryden draws a distinction between healthy and unhealthy anger, and shows you how you can control your unhealthy anger by understanding what triggers it. Unhelpful beliefs and rigid expectations can lead to a cycle of unhealthy anger, which can be dangerous and destructive. However the good news is that you can change this pattern, and develop strategies to express your anger in a helpful way, so that you can communicate what you feel without scaring yourself or those close to you.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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