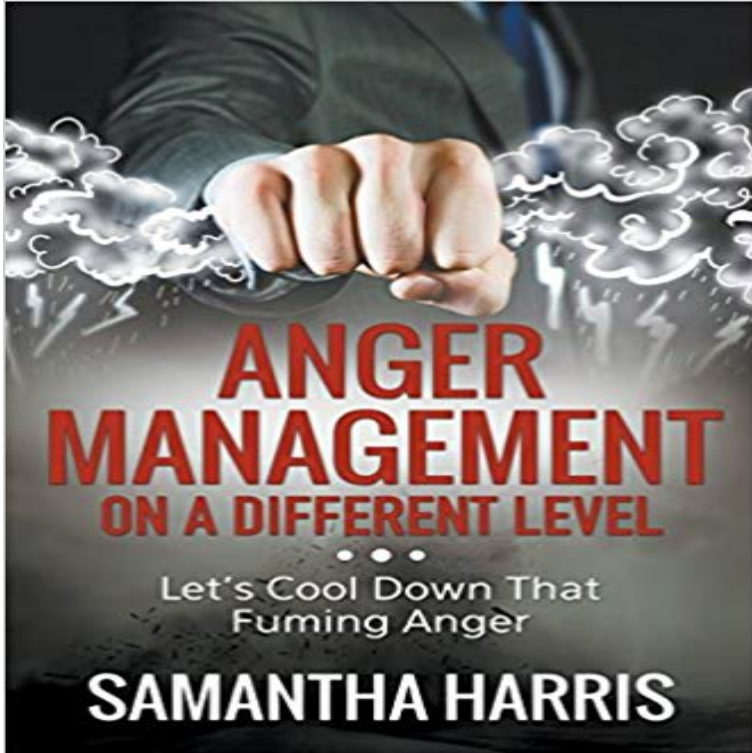


Anger Management on a Different Level: Lets Cool Down that Fuming Anger



The Book Anger Management on a Different Level is for those who seek to learn more about the multi-faceted emotion called anger. If you struggle with anger and would like to get the answers you need by reading a good book in the privacy of your own home, then this is the book for you. If you know someone who has an anger problem and you are not quite sure how to help him/her to get on the right track, this is the book for you. Upon completing this book, the reader will learn to not only manage his/her anger, but to also channel it in a positive way to improve his/her life. In this book, the author covers topics such as the types of anger, the factors that contribute to anger, the treatment options available for those with an anger problem, the power of positive thinking, the best anger management techniques and so much more.

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