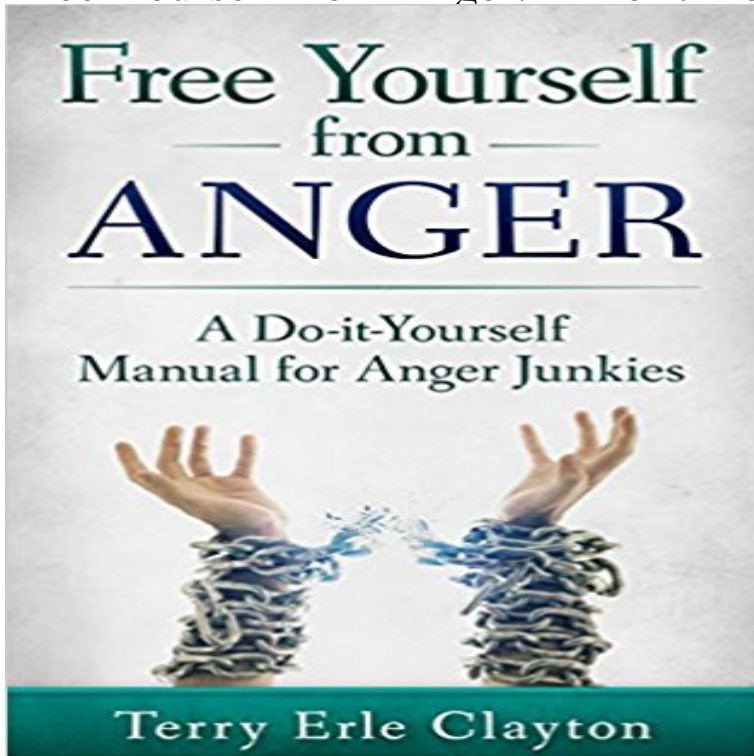


Free Yourself from Anger: A Do-it-Yourself Manual for Anger Junkies



We live in an angry society, an angry world. Its easy to let anger become a habit. And then it becomes an addiction that delivers a powerful rush of hormones that are hard to resist. Over time, chronic anger will poison your body, your mind, and your relationships with other people and the world around you. In *Free Yourself from Anger*, psychologist Terry Erle Clayton will show you how anger causes real, physical damage to your body and mind and offers four simple, easy-to-learn techniques for getting an immediate handle on anger and eventually eliminating it from your life. Anger is a great burden. You dont realize how heavy that burden is until you break the addiction. Free of your anger, you will feel lighter, stronger, and more open to the world around 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 to 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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