



# Comprehensive Anger Management: Step By Step Guide To Transforming Your Anger

*Gene David Monterastelli*

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Anger is one of the most difficult emotions to manage. Once we are angry it can feel almost impossible to step back from the strength of our rage and the resulting loss of control.

Managing anger is also difficult because often there seems to be no rhyme or reason why it rises up. Sometimes it is triggered by something big and at other times it is set off by the smallest thing.

Uncontrolled anger hurts our relationships and our work lives, eating us from the inside out.

But it doesn't have to be this way.

Comprehensive Anger Management will teach you why you experience anger, what preventative steps you can take before you enter situations that arouse your anger, and what to do once you start to feel anger rising inside you.

Comprehensive Anger Management is written in a simple step-by-step format. If you follow the steps and work through the tools in this book you will regain control over your anger, and all your emotions.

**All proceeds of books sales will go towards purchasing more books for inmates. Each book sold means that four inmates will receive their own copy.**

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