



The Dance of Anger, An Anger Management Book: Wisdom for Cooling the Flames And Recover Your Relationship

Rudy Smith

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Discover How to Keep Your Cool And Control Your Anger, Instead the other way around

If you find yourself getting angry frequently, although you don't mean to...If you're hurting your dearest, and it makes you eat your heart out, and if you're afraid to lose your place of work because of your lash outs, you should read this book.

You'll learn why this is happening to you, a step by step approach to start controlling your anger and 23 powerful, yet simple daily techniques you can easily apply at any given moment to control your anger.

Here Is A Preview Of What You'll Learn...

Introduction

Anger – What Is All about?

The Fundamentals of Anger Management

23 Great Techniques to Interrupt the Anger Cycle

Simple, yet powerful jig to recover your relationship with your family, friends and even colleagues

Bonus MP3 Meditation

Conclusion

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