



The Last Guide to Managing Your Emotions That You Will Ever Need: Proven Tips and Strategies for Effectively Managing All Emotions (anger, anger management, ... managing emotional mayhem, anger control)

Melissa Horvat

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Proven Tips and Strategies for Effectively Managing All Emotions

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Tired of buying countless books for managing your emotions only to discover they don't really help? If your answer is yes, then this book is for you! You're about to discover how to finally manage those emotions that have been taking a toll on your health and relationships. This book provides insightful tips and strategies for proven methods to managing emotions such as anger, frustration, guilt, sadness, etc.

Sometimes we do not notice that our emotions are severely affecting us, but when we start to take a closer look, we can see how they have been taking a toll on many areas of our lives. No matter your age or sex, this book is the solution to your emotional issues you have been fighting. It's time to take hold of those emotions and get your life back. Remember, you are the one in control!

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

- How to finally understand the meaning behind the emotions you have been feeling
- How to manage your emotions at work and at home
- How emotions work and how they can sometimes confuse us
- How to manage anger
- How to cope with negative emotions
- Self-soothing methods to deal with your emotions
- How to recognize and cope with your triggers
- Much, much more!

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Tags: anger, anger management, managing emotions, managing emotions in the workplace, managing

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