



1 Living with Anger (Paperback)

By Kevin R Sweeter

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. An-ger (noun) A strong feeling of annoyance, displeasure, or hostility. Anger can be regarded as a debilitating impairment, especially when considering exercising judgment. It can also be an effective tool when employed properly, and at the right time. It has been said that anger is more useful than despair, and in this statement, it is true. When given a life-threatening situation, anger will prove to be an ally, whereas despair may only prove to lead to your ultimate undoing, and demise. Follow along now and together we will evaluate the pros and cons of anger, the causes, symptoms, and reasons for it. We will discuss the uses, and employment of remedies to control and regulate unwanted anger, explore methods of treatment and means to relieve the health risks that can accompany excessive and intense anger. Anger doesn't have to rule or ruin your life, relationships, or health.

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