



# **Anger Management for Women: How to Manage Your Anger and Live a Stress-Free Lifestyle (Anger Management Series Book 1)**

*Felicia Erza*

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**Anger management should not be feared, but embraced. Manage your anger and enjoy a healthy, stress-free lifestyle!**

**Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

You're about to discover how to deal with women's anger. This book contains proven steps and strategies on how to manage your anger if you're a woman. This book will give you great understanding about anger management for women, how to manage your anger, knowing your anger's root and cause, how you can tell if you get too angry, and many others.

## **Here Is A Preview Of What You'll Learn**

- What is anger exactly, and what constitutes an aggressive behavior? ~ Knowing the basics is a must.
- Managing Your Anger - Roots and Causes ~ Find the source and solve the problem.
- How should women control their anger? ~ Steps and strategies on how to manage your anger.
- How can you tell if you're getting too angry? ~ Prevent something worse happened.
- and much, much more!

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Take action today and download this book for a limited time discount of only \$2.99!

Have you often wondered why you haven't been successful at handling your anger using traditional counseling and calming techniques? Are you interested in learning more about anger management?

Don't put it off any longer. Do yourself a huge favor and join the thousands of women who freed themselves from anger.

## **Why You Should Buy This Book?**

You can use one or more methods described in this book to help you. It's a process that requires diligence and your undivided attention. The results will be worth your while because you will be able to improve as a person, find your place within a community, and establish long-lasting relationships with those around you. Go back to the top of the page and click the buy button to get this book. Get anger-free and stress-free life

NOW!

Tags: anger management, anger management for women, anger management for woman, dealing with anger, women's problem, Overcoming Anger, Control Emotions

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