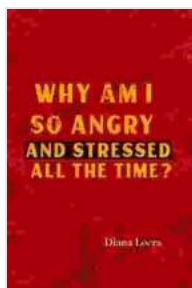


Why Am I So Angry and Stressed All the Time?

Are you constantly feeling angry and stressed? You're not alone.

Millions of people around the world suffer from chronic anger and stress. It can take a toll on your physical and mental health, as well as your relationships and career. If you're tired of feeling angry and stressed all the time, this book is for you.



Why Am I So Angry and Stressed All the Time?: The Hidden Secret of Anger and Stress in Our Lives

by Diana Loera

★★★★☆ 4.6 out of 5

Language : English
File size : 2811 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 172 pages



In this book, you will learn:

- The causes of anger and stress
- How to identify your anger and stress triggers
- Effective coping mechanisms for managing anger and stress
- How to develop emotional regulation skills

- How to create a more peaceful and stress-free life

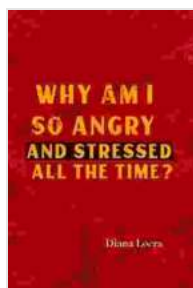
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