

Instant Anger Management: How to Control Anger Instantly! (INSTANT Series)

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The Instant-Series *Presents* "Instant Anger Management"

Plus, custom practical "how-to" strategies, techniques, applications and exercises to dealing with anger. ...**and much more**.

Don't let anger control you; let your anger be controlled by *YOU*. Take back your life and feel the joy it has to offer, not the anger that makes you hate it.

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