



Relaxation Techniques for Cooling Anger

John Lentz

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The average person can get angry in 1/3 of a second. No amount of quick thinking can get there quicker. However, relaxing into appreciating your positive qualities can alter the amount of vulnerability to anger because anger happens in part as a reaction to possible danger. When you feel safer by being more aware of your strengths you simply can avoid getting so quickly angry and become more capable of being in charge of your decisions and actions. This CD will help you calm down enough to repair marriages, avoid road rage, and in general become proud of how well you can manage yourself even in the face of angry situations. It is designed to be played nightly for 2 weeks and then several time a week for a month and then as needed, to deepen the awareness of your strengths so you can recognize them more easily.

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Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? May be reading a book may be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try look for book, may be the guide untitled Relaxation Techniques for Cooling Anger can be fine book to read. May be it may be best activity to you.

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