



Toilet Therapy: Healing Anger: cleansing the soul of crap as well

Mr. Bob Zima

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I created Toilet Therapy: Healing Anger to suggest, and then teach you that healing your HURT and managing your FEAR is THE solution for reducing and, dare I even say it, eliminating the NEGATIVE OUTCOMES that occur as a result of anger behaviors. Notice, I did not say, eliminate and/or reduce ANGER. I said, reduce and even eliminate the negative outcomes of your anger behaviors. You eliminate ANGER behaviors when you die. The goal is to lead a life that FOR YOU is healthy, effective, and enjoyable, as well as a whole lot of fun.

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The book Toilet Therapy: Healing Anger: cleansing the soul of crap as well has a lot info on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. Tom makes some research previous to write this book. This kind of book very easy to read you will get the point easily after scanning this book.

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