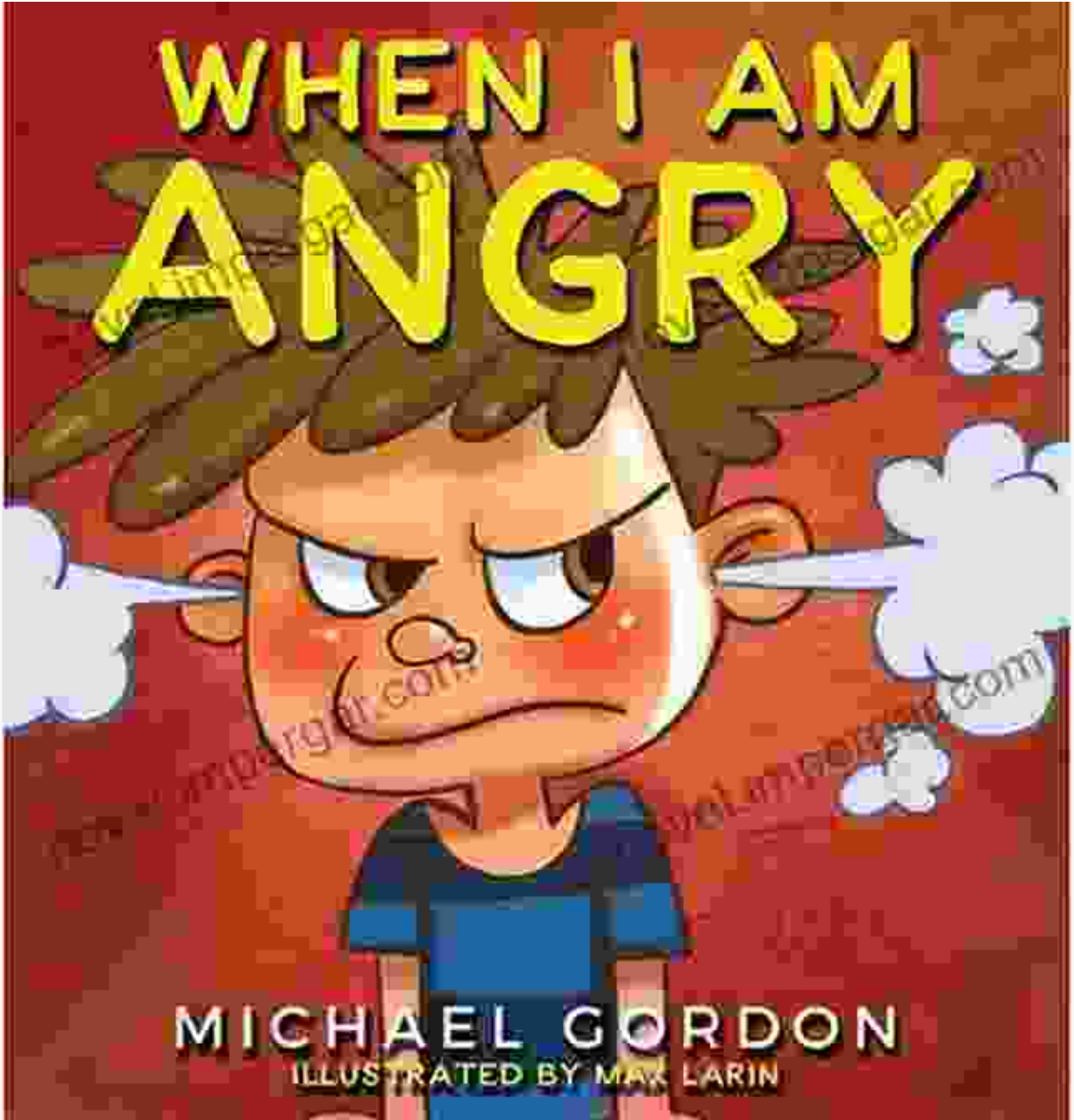


Unleash Your Inner Peace: Help Am Angry by Ross Conrad



Help, I am Angry! by Ross Conrad

★★★★★ 5 out of 5

Language : English

File size : 616 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 103 pages
Lending : Enabled



Anger is a normal human emotion. But when it becomes unmanageable, it can wreak havoc on our lives. It can damage our relationships, harm our health, and hold us back from reaching our full potential.

Help Am Angry by Ross Conrad is a groundbreaking book that offers a practical and accessible guide to managing anger. Drawing on decades of experience working with clients and his own personal journey with anger, Conrad provides a wealth of insights, tools, and techniques to help you:

- Understand the causes of your anger
- Identify your anger triggers
- Develop healthy coping mechanisms
- Communicate your anger in a constructive way
- Build fulfilling relationships
- Live a more peaceful and fulfilling life

Help Am Angry is more than just a self-help book. It's a transformative guide that will help you change your relationship with anger and unlock your inner peace.

What Readers Are Saying

"Help Am Angry is a must-read for anyone who struggles with anger. Ross Conrad provides a wealth of practical advice and exercises to help you understand and manage your anger."

"This book has changed my life. I've been struggling with anger for years, and Help Am Angry has finally given me the tools I need to take control of my emotions."

About the Author

Ross Conrad is a licensed clinical social worker and certified anger management specialist. He has over 20 years of experience working with individuals and groups on anger management issues. He is the author of several books on anger management, including Help Am Angry and The Anger Management Workbook.

Free Download Your Copy Today

Help Am Angry is available in paperback, ebook, and audiobook formats. Free Download your copy today and start your journey to a more peaceful and fulfilling life.

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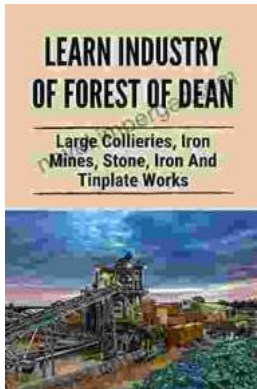
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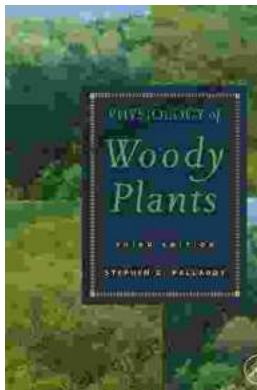
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