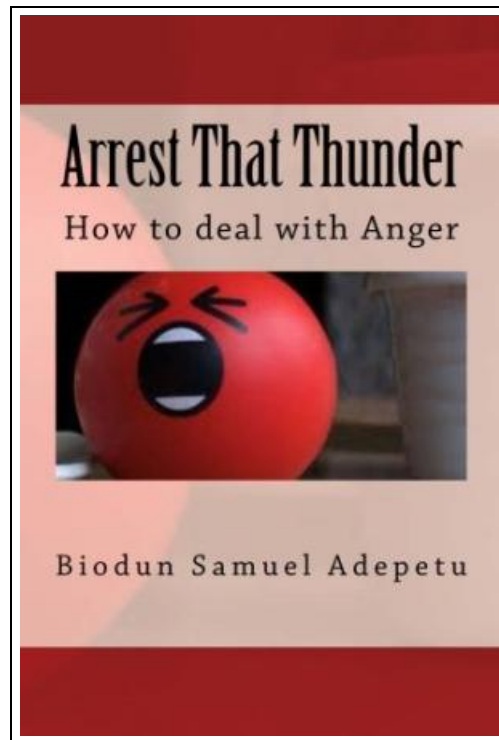


Arrest That Thunder: How to Deal with Anger (Paperback)



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Reviews

Very useful to any or all group of men and women. It is written in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.

(Althea Fahey MD)

ARREST THAT THUNDER: HOW TO DEAL WITH ANGER (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How do you express anger? Do you burst out on impulse? Or do you take a deep breath and make measured statements? Whichever approach you adopt, while it is acceptable to express words of anger, it's the motive that really matters. If you vent to transfer your inner feeling of envy, sadness, resentment, frustration, or stress, and thereby transfer your pains to another; that's selfish, negative, and destructive. On the other hand, if you vent to correct wrong-deeds; that's a positive and character-building approach to express anger. Making a philosophical view of anger, based on colours, someone said a person with lots anger inside definitely has lots of love inside too, and probably loves more than anyone can. Want to learn the reason why? You're welcome to read along. Available at:



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