

ARE YOU STRONG ENOUGH TO KEEP YOUR TEMPER?

SECOND EDITION
BY DR CHRIS WILLIAMS

Are You Strong Enough To Keep Your Temper?

Anger and irritability affects all of us. Being angry and "letting it all out" can sometimes feel like it helps but it never really helps for long. In this small but powerfull 36 page book, learn proven and effective steps to gain control over anger. With associated online worksheets that can be downloaded and printed directly via links in the book, learn a three step plan of knowing your buttons, knowing your early warning signs and what your escape hatches are before things escalate. This book is part of an 8 session online course at www.lltff.com and the Living Life to the Full series of books. Also consider; Write all over your bathroom mirror, Why do I feel so bad, I can't be bothered doing anything, Why does everything always go wrong, I'm not good enough, How to fix almost everything, The things you do that mess you up and 10 things you can do to feel happier straight away.

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