

If you picked up this book, you probably know someone dealing with anger. Are you the someone or do you love the someone? If so, this book may shed some insight into the roots of the struggle that you both face. Inside these pages, the author levels with readers about the damaging effects of a life built on anger. This personal transformative story may be an eye-opening tool to assist you in building a rewarding life with anger in balance. Follow the author while he takes you on a heartfelt, sometimes humorous trip through the three sections of his life long journey, exploring and overcoming the damaging effects of anger. The goal is to help enable you to add some new tools to your emotional tool belt.

ANGER MISMANAGEMENT

BRIAN G ULRICH

ANGER MISMANAGEMENT

WHAT DO YOU MEAN
I HAVE A PROBLEM?

