



**Anger Management: 8 Simple Steps to Easily  
Control Your Anger, Manage Your Temper and  
Improve Your Relationship Today! (Relationship  
Help and Advice for ... Anger Problems,  
Frustration and Fear)**

*John Franz*

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## **20+ Free Bonus Books Included!**

**Are Anger Management Issues Causing Stress In Your Relationship?**

**Does Your Partner Constantly Lash Out At You?**

**Are You Afraid That If These Anger Problems Don't Stop NOW, That Your Relationship Will Be Over?**

If you have reluctantly answered yes to one or more of the above questions, "**Anger Management: 8 Simple Steps to Easily Control Your Anger, Manage Your Temper and Improve Your Relationship Today!**" is the book for you! This book has been designed specifically for people dealing with anger management issues in their relationships and gives you 8 ways to eliminate them!

## **Is It Really Possible To Fix These Anger Issues In My Relationship?**

Anger management related issues are becoming one of the most common problems in relationships and many couples are suffering from it. A lot of us remain clueless about how to fix these anger problems. That is why this book is an important one for you. If you read this book and use the advice in it correctly, you will have multiple strategies to dramatically improve and even CURE anger management issues in your relationship or marriage!

## **What Will I Learn From This Book?**

If you are wondering what these magical 8 strategies are, here is a quick overview.

- How to Identify the Cause of the Anger
- Learn When it is the Right Time To Express Yourself
- Learn the Times When It's Best to Just Keep Quiet
- Setting Healthy Boundaries With Each Other
- Giving Your Partner the Respect they Deserve
- How Developing Hobbies as a Couple Can Work Wonder
- How Developing Your OWN Hobbies will also make a world of difference
- When it Might Be Time To Seek Out a Professional Counselor

This book will be discussing these topics in detail and much more!

If you truly are at a point in your relationship where you don't know what else to do, give this book a try. Anger Management can be a very disruptive problem in a relationship and if you do not do something about it, it can wreck havoc in your life ending your relationship for good.

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