



Keeping Emotions In Check: A No-Boundaries Guide to Anger Management

Kimberly Harris

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Your emotions are something that can be hard to control. However, after reading a book about your emotions and how to keep them in check, then you will see how you can handle your problems in a healthy way. There are emotions of anger, fear and sadness that can be dealt with in ways that will get to the root of the problem instead of simply sweeping the problem under a rug. Some books have numbers in them of places that you can call for help.

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