



The Angerholics Handbook: A Step By Step Method For Dealing With Anger Issues

D.M.D. N.D. Carl J. Ferreira

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The Angerholics Handbook: A Step-by-Step Method for Dealing with Anger Issues Have you ever yelled at another driver? Swore at your loved ones? Clenched your fists in a meeting, imagining steam coming from your ears? Maybe even used your fists?on the pillow, the wall, maybe even another person? Have you ever done more than one of those things in a week? In a day? You're not alone, even though you may feel like you are. The Angerholics Handbook offers a friendly, nonjudgmental method for people just trying to effectively navigate through the stresses of everyday life. And hey, that's everyone. If you're an angerholic, you may need just a little more help to control your emotion?you may feel anger a little stronger than others, and it may last a little longer for you. Author Carl Ferreira, a naturopathic doctor, understands that. His results-oriented process guides you to recognize and control your anger in a logical, step-by-step manner. Anecdotes, parables, pertinent quotes, illustrations, and practical tools lead you to common-sense solutions. Stop banging your head against the wall and start climbing it. Redirect your energy from anger to more fruitful endeavors with The Angerholics Handbook.

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