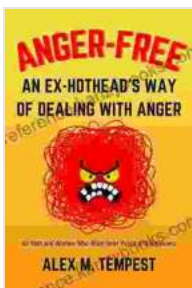


An Ex Hothead's Way of Dealing with Anger for Men and Women Who Want Inner Peace

Are you tired of letting anger control your life? Do you want to find a healthy way to deal with your anger and achieve inner peace? If so, then this book is for you.



Anger-free: An Ex-Hothead's Way of Dealing with Anger for Men and Women Who Want Inner Peace and Happiness by Alex M. Tempest

★★★★★ 5 out of 5

Language	: English
File size	: 608 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 165 pages
Lending	: Enabled



In *An Ex Hothead's Way of Dealing with Anger*, author and former hothead Mark Tyrrell shares his personal journey of overcoming anger and developing a more peaceful life. Tyrrell offers practical advice and exercises that can help you to:

- Identify the root of your anger
- Develop healthier coping mechanisms
- Ultimately find inner peace

If you're ready to take control of your anger and live a more peaceful life, then this book is for you.

About the Author

Mark Tyrrell is a former hothead who has spent the past 20 years developing and teaching a unique approach to dealing with anger. He has worked with thousands of people from all walks of life, helping them to overcome their anger and achieve inner peace.

Tyrrell's approach is based on the belief that anger is a natural emotion that can be used for good or for evil. The key is to learn how to control your anger and use it in a positive way.

In *An Ex Hothead's Way of Dealing with Anger*, Tyrrell shares his personal journey of overcoming anger, as well as the practical advice and exercises that he has developed over the years. This book is a valuable resource for anyone who wants to learn how to deal with their anger in a healthy way and achieve inner peace.

Endorsements

"Mark Tyrrell's book is a must-read for anyone who struggles with anger. His insights are invaluable, and his exercises are practical and effective. I highly recommend this book to anyone who wants to learn how to overcome their anger and live a more peaceful life." — **Dr. Phil McGraw**

"Mark Tyrrell has written a powerful and inspiring book. His personal journey of overcoming anger is a testament to the power of the human spirit. This book is a valuable resource for anyone who wants to learn how to deal with their anger in a healthy way." — **Tony Robbins**

"Mark Tyrrell's book is a game-changer. His approach to dealing with anger is unique and effective. I highly recommend this book to anyone who wants to take control of their anger and live a more peaceful life." —**Jack Canfield**

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