



28 Strategies to Get Rid of Fear, Anger, and Frustration in Your Life: A daily journey to control your emotions in your worst moments!

Jerry Banfield

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You might love reading this book if you want to improve your ability to get through tough emotions like anger, fear, and frustration! If you want to have a chance to improve one day at a time and avoid the next angry outburst or decision made based on fear or explosion of frustration, reading one chapter each day from this book might help a lot based on my experience using what I share with you in my own life. The names of each chapter will give you a good idea of what to expect in this book. CHAPTER 1: Understanding Your Emotions: Why Are You Really Upset? CHAPTER 2: How To Have Positive Reactions To Anger. CHAPTER 3: Creating Amazing Progress: Why Criticism Doesn't Work. CHAPTER 4: How To Control Video Game Anger With Peace And Trust. CHAPTER 5: Stop The Pain – How To Pay Attention To Your Body. CHAPTER 6: Forget The Past: Make Better Choices Today. CHAPTER 7: How Asking For Help Can Change Your Life. CHAPTER 8: How To Overcome Not Feeling Fulfilled In Life. CHAPTER 9: Success After A Huge Loss: Rising Above Failure. CHAPTER 10: Getting Rid Of The Pain Body – How To Face Negativity. CHAPTER 11: Controlling Anger Techniques For The Worst Situations. CHAPTER 12: Stop Making Fun Of People: The Karma Of Bullying. CHAPTER 13: Embracing Failures – How To Create Incredible Success. CHAPTER 14: How To Stop Projecting Your Feelings Onto Others. CHAPTER 15: How To Stop Blaming Yourself For Uncontrollable Thoughts. CHAPTER 16: Sick Day Benefits: How To Enjoy Your Next Sick Day. CHAPTER 17: What To Do When Things Go Wrong. CHAPTER 18: Prayer: The Ultimate Key To Dealing With Frustration In Life. CHAPTER 19: How Do You Stop Complaining? Focus On You. CHAPTER 20: Are You Relieving Depression And Anxiety? How To Find Peace. CHAPTER 21: The Best Way To Get Help With Frustration. CHAPTER 22: How To Succeed At Overcoming Fear And Self Doubt. CHAPTER 23: Is Getting Rid Of Fear Of Failure Possible For You? CHAPTER 24: How To Feel Good About Yourself – Even When You're Mad. CHAPTER 25: Accepting Reality Of Life: How To Enjoy Your Worst Moments. CHAPTER 26: Stop Playing The Victim! Fix The Real Problem Right Now. CHAPTER 27: Constructive Criticism Helps! How To Make Use Of Negative Feedback. CHAPTER 28: How To Succeed At Accepting The Life You Have Thank you very much for reading this and I hope you enjoy the book!

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