

Download The Anger Diet Thirty Days To Stress Free Living

Now Shoshanna unites the sublime and the practical once again, this time to show us how to rid ourselves of anger and become immune to its toxic effects in a new 30-day program called The Anger Diet. The Anger Diet: Thirty Days to Stress-Free Living - Kindle edition by Brenda Shoshanna Ph.D.. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading The Anger Diet: Thirty Days to Stress-Free Living. Psychologist and Best Selling Author Addresses The Growing Anger Across The World And Provides Means Of Bringing Peace To Countries, Communities and to individuals. As broadcasted on national TV. Each day readers are asked to give up one form of anger and are given a replacement for it. One chapter per day, one day at a time, readers will learn how to loosen anger's hold on their lives and gain greater happiness, health, and peace.