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BURN ANGER BEFORE ANGER BURNS YOU



JP VASWANI

Wisdom Tree, New Delhi, India. Softcover. Book Condition: New. Anger is just one letter short of danger. It is an eroding emotion. If not dealt with firmly and positively, it destroys everything around and within us. This book tells us how to: Cope with anger and be angry only at the right time, with the right person, in the right measure. Grow in the power of understanding ourselves and othersand avoid making hasty judgments. Develop the spirit of forgiveness and...

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