

"ANGER MANAGEMENT"



☞ SIMPLE RULES

- Having heard every possible side of the story, this reaffirms your intent to come out with a solution that's satisfactory to everyone involved.
- Not only that, but your commitment to a fair resolution also moves past the accusation and moves towards identifying what went wrong and taking reasonable steps to correct it.
- Be selective in choosing this strategy.



Be TUNED IN to know more....

For more guidance & tips email to - manageanger@wellnessway4u.com

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