



The Anger Solution: The Proven Method for Achieving Calm and Developing Healthy, Long-Lasting Relationships

John Lee

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Discover the differences between healthy and harmful anger with John Lee's life-changing program. Therapist Lee's proven method will help anyone immediately tap into the causes of their own anger, allowing them to get a handle on the emotions that cause stress and pain. Without guilt, shame, embarrassment, resentment, or hopelessness, *The Anger Solution* offers groundbreaking information on controlling rage. Featuring the Detour Method—a practical, easy process that can save relationships, create deeper connections, and dissipate rage—*The Anger Solution* promises to be the next classic in anger management.



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