



How Wonderful Would Your Life Be With Less Anger?

Sustained, chronic, and frequent **anger harms you repeatedly**. To win, anger must be mastered.

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned. - Buddha

Anger is unhealthy for every area of your life. Your body becomes more acidic, your immune function decreases, ALL your relationships suffer, you become less attractive, and your level of success suffers. It is a very heavy price. Anger at one's self is the most damaging of all.

Being angry often can become habitual until automatic reactions are harsher than warranted and even harsher than intended. In the middle of the night, when we are being honest with ourselves, stopping the downward cycle can feel impossible. It isn't. It just requires some knowledge & tools.

In 'Is Anger Limiting Your Life', You Will Learn:

- How to let go of anger without feeling you are giving up something?
- Is it possible to give up anger without feeling it means you lost a battle?
- When anger is appropriate, and how to move past it when it is no longer needed.
- What about when someone hurt you? Shouldn't they have to pay?
- It feels like the anger is controlling me. Can I really control my reactions?
- How good could you feel if anger did not hound your thoughts?
- Can old festering wounds heal?
- Learning to love yourself again.
- Forgiving yourself.



Program Dates

Register now to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc.

