



What To Do While You Count To 10: Manage your Anger Change your Life

David W Earle LPC

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What to Do While You Count to 10 presents an effective system for managing strong emotions resulting in better communications, relationships, and assertiveness while decreasing tension, shame, guilt, and conflict. Thinking about anger in positive terms is alien to most people's experiences. However, a healthy expression of emotions - anger included - is a component for building and maintaining successful relationships. This is instead of the past chaos and pain, guilt, and shame when trying to live in an unattainable perfect world based upon another's definition. This book contains techniques necessary for letting go of codependency, disappointment, and confusion by using emotions in a healthy and constructive manner. This change allows love and respect to flourish by building relationships instead of destroying them. What to Do While You Count to 10 decreases a guilty conscience about how your anger hurts others and increases the necessary coping skills to change powerful and sometimes destructive emotions into a positive force for good. Read about a sample therapy session and learn to recognize unmanaged emotions and understand how to deal with them. From the wisdom found in this magical little book, you will be better able to express love, instead of destruction often confused with love. * * * In the fearless pursuit of happiness, many people find stress relief when they look inwardly to find their strength. One of the best stress relievers is working 12-step program such as AA, NA, Al-Anon, Adult Children of Alcoholics. Other self-help books available: Love is Not Enough and Gilligan's Notes. Enjoy other books of inspiration poetry: Professor of Pain, Iron Mask, and Red Roses 'n Pinstripes. This book is also a marriage builder often used in conjunction with marriage counseling and those addicted to love. What to Do While You Count to 10 includes serenity quotes, happy love quotes, and happy life quotes. It fits well with those who embrace love peace quotes and serenity prayer quotes. Enjoy reading about a wounded man trying to heal - a sad story with a happy endings.

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