



## What to Do While You Count to 10: Manage Your Anger Change Your Life (Paperback)

By David W Earle Lpc

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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...



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