



The Irritability Cure: How To Stop Being Angry, Anxious and Frustrated All The Time (Anger Management Book 1)

Doc Orman MD

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How To Get Rid of Irritability and Anger Without Pissing Anyone Off

Stress and Anger Expert Doc Orman, M.D. Shares His Secrets To Curing Anger

If you want to be happier, healthier and more peaceful, this book is for you! You will learn:

How To Eliminate Anger Before It Eliminates You

Dr. Mort Orman has been studying irritability and the impact of anger on your health, success and life for years. In his research, he found a proven strategy that works for getting rid of anger and irritability fast, without drugs or medications.

One Simple Process For Turning Negative Thoughts Into Fuel For Growth

When you eliminate negative thoughts and energy from your life, you'll feel a sense of calm an inner peace like you've never felt before. But this is the power of negative thinking - when you turn your negative thoughts around, you actually create more energy and power that moves you into the direction you want to go in your life faster than you've ever moved before.

Why Going For Happiness Is The Quickest Path To What You Want

So often in life we try to be right instead of being happy. We argue to protect our viewpoint when we could just as easily let the argument go and be happy. Learn how to reprogram your mind and subconscious habits and never have another unnecessary argument again!

About The Author

MORT (Doc) ORMAN, M.D. is an Internal Medicine physician, author, stress coach, and founder of the Stress Mastery Academy. He has been teaching people how to eliminate stress, without managing it, for more than 30 years. He has also conducted seminars and workshops on reducing stress for doctors, nurses, veterinarians, business executives, students, the clergy, and even the F.B.I. Dr. Orman's award-winning book, *The 14 Day Stress Cure* (1991), is still one of the most helpful and innovative books on the subject of stress ever written. Dr. Orman and his wife, Christina, a veterinarian, live in Maryland.

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Emma Anderson:

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