

A faded background image of a man and a woman wearing sunglasses and smiling. The man is on the left, looking towards the woman on the right. They appear to be outdoors.

# **BREAKING THE ANGER CYCLE**

**THREE SECRETS** FOR  
CONTROLLING YOUR ANGER,  
MASTERING YOUR EMOTIONS  
AND CREATING A CALMER,  
HAPPIER AND MORE  
RESPECTFUL RELATIONSHIP

**Alastair Duhs**

A decorative graphic in the top-left corner consisting of several blue triangles of varying sizes and orientations, pointing in different directions.A decorative graphic in the bottom-right corner consisting of several blue triangles of varying sizes and orientations, pointing in different directions.

# Breaking The Anger Cycle

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Breaking The Anger Cycle. The 3 Game-Changing Secrets For Controlling Your Anger, Mastering Your Emotions And Creating A Calmer, Happier And More Respectful Relationship.

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### Who Is The eBook For?

Are you constantly on edge, feeling like you're about to **explode**?

Do you find yourself getting **angry** over things that shouldn't bother you?

Do you live in FEAR of losing your temper and **hurting** the people you love?

If you answered "**YES**" to any of these questions, this book is for you.

The goal of *Breaking The Anger Cycle* is to help you get a handle on your anger so you can live a calmer, happier and more peaceful life.

If you're ready to take **control** of your anger and put an **end** to the turmoil it's causing in your life, this ebook is for you.



### Who Is This eBook NOT For?

Do you **blame** other people for the times that you lose your temper?

Do you find yourself making **excuses** for your anger, such as "I can't help it, it's just the way I am"? or "I'm not really angry, I'm just stressed"?

## Breaking The Anger Cycle

Do you want to **stay** trapped in an endless cycle of anger, hurt and remorse, with NO real hope of learning simple, practical **tools** to control your anger?

If you answered "YES" to any of these questions, this book is **NOT** for you.

If you're **not** ready to take **responsibility** for your anger and learn how to control it, then I cannot help you.

However, if you are willing to face up to the **fact** that your anger is a problem and you're ready to learn how to control it, this book may be the answer you're looking for.

## My Promise To You



I know:

- you may be feeling **guilty, ashamed** or **embarrassed** by your anger
- you may feel like your whole life is falling **apart**, and
- admitting to having an anger issue can be one of the **hardest** things to do.

But I also know that anger **does not** have to control your life.

You can:

# Breaking The Anger Cycle

- **control** your anger, instead of letting anger take control of you
- **master** your emotions and live a calmer, happier and more peaceful life, and
- be the **calm** and **understanding** person you want to be.

I promise to show you how.

In this book, you will learn how to get out of the cycle of anger, pain and hurt and finally be free...

But HOW do you do this?

The answer is simple: **You need a system.**

A **system** that is simple, easy to follow, and that has worked with **thousands** of people just like you.

A **system** that will help you **understand** your anger, and give you simple, practical tools to control it.

A **system** that will help you master your emotions and finally free yourself from the bondage of anger.

Luckily, such a system exists, and I will tell you all about it soon.

But first, know that...

## You Are Not Alone

If you are experiencing issues with anger, you are NOT alone.

It may surprise you, but experiencing issues with anger is a very **common** problem.

In fact, almost **80%** of people report experiencing issues with anger, abuse or violence at some point in their lives.

Not only that, but studies show that anger issues are one of the leading causes of divorce throughout the world.

## Breaking The Anger Cycle

In other words, anger is **destroying** marriages and families worldwide.

Not only that, but research shows that anger issues are on the rise, with most people reporting feeling angrier now than they ever have before.

With all of this in mind, please know that you are NOT alone.

You are NOT the only one experiencing issues with anger, and you are certainly not the **only** one looking for a solution.

There is HOPE, and there is **help** available.

You can learn to control your anger, and this book will show you how.

But before we get into this, let me introduce myself...

### Who Am I?



My name is **Alastair Duhs** and I am an anger expert with over **30 years** of experience teaching over **15,000 men and women** to control their anger, master their emotions and create calmer, happier and more respectful relationships.

I am also a member of the New Zealand Association of Counsellors and an Executive Contributor to "Brainz Magazine" -a **world-leading** publication in entrepreneurship, personal development and leadership.

## Breaking The Anger Cycle

In other words, I **know** what I'm talking about when it comes to anger management.

However, this was not always the case.

Thirty years ago, I was a young trainee counsellor. I was fresh out of University and just wanted to **help** people.

My first job was running anger management groups at a counselling centre in Hamilton, New Zealand.

I remember my first group like it was yesterday.

Sitting in front of me were 25 men, all of whom had been court-ordered to attend my anger management group.

As the group began, I quickly realized I was in WAY over my head.

These men were angry. They did NOT want to be there. And there was **no way** that they wanted to listen to what I had to say.

I was **utterly** unprepared for how to help them with their anger, and I quickly became overwhelmed.

By the end of the first session, I was a **complete** mess.

You see, I had trained in traditional **therapeutic** approaches to anger management. This meant I was taught to ask my clients to talk about their feelings, explore their childhood issues, and understand the "root causes" of their anger.

Over time, the theory goes, this would help my clients to gain **insight** into their anger, and eventually allow them to manage it more effectively.



## Breaking The Anger Cycle



This is the same approach many anger management counsellors and programmes use today.

The problem is: **This approach simply does not work.**

In fact, it often makes things worse.

I soon realized that the men I was working with **didn't** want to talk about their feelings, explore their childhood issues, and understand the "root causes" of their anger.

Instead, they wanted simple, practical TOOLS to control their anger in the real world - not some touchy-feely exploration of their childhood, upbringing or "inner emotional world".

So I went back to the drawing board.

I started reading *everything* I could on anger management.

I started experimenting with different techniques, tools and strategies. I went to conferences, took courses, spoke to other anger management counsellors, and tried every anger management technique under the sun.

But no matter how much I read or how many courses I took, I **couldn't** find a system that would work over and over again with all my clients, regardless of their gender, age, ethnicity, or socio-economic background.

## Breaking The Anger Cycle

I started to feel like I would never find a solution.

But then, one day, ***everything changed.***

### A Life-Changing Discovery

It was a typical day at work.

I was running my anger management group, and we were exploring the concept of "**triggers**" - the things that set us off and make us angry.

One of the men in the group, we'll call him "John", raised his hand and said: "I know what my trigger is. It's my wife. She makes me so angry. I can't stand it."

I asked John to elaborate, and he told me that his wife was **constantly** nagging him, criticizing him and making him feel like he was never good enough.

When she did this, John said, he would "lose it" and lash out at her.

This was causing considerable problems in their relationship, and John was DESPERATE to find a way to control his anger.

So I asked John a simple question: "When your wife is criticizing you, and you start to feel your anger rising, what thoughts are going through your head?"

John thought for a moment, then said: "I'm thinking that she's always doing this, she's always picking on me, and I can't stand it anymore."

I then asked John to rate how angry he felt at these times on a scale of 1 to 10, with 10 being the angriest.

John said he felt an 8.

So I asked him to close his eyes and take a deep breath.

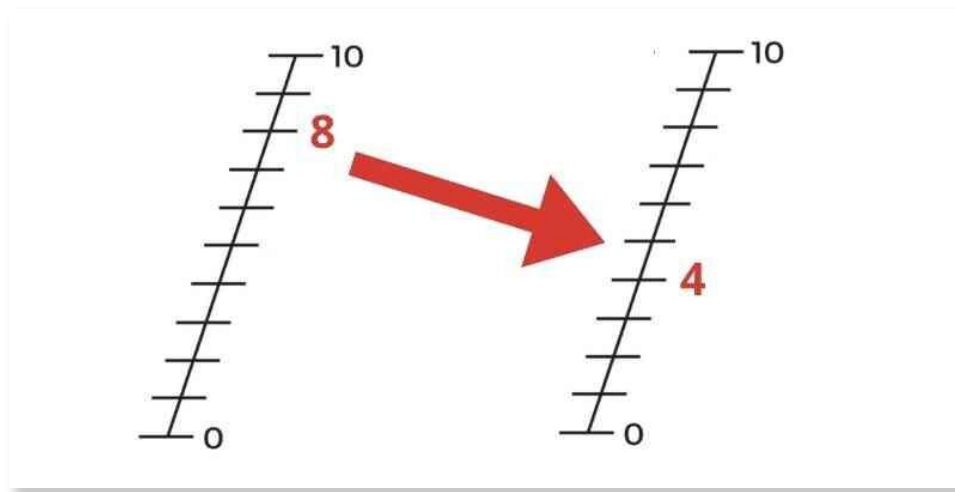
## Breaking The Anger Cycle

As John did this, I said: "I want you to imagine that your wife is in front of you, criticizing you. But this time, instead of **thinking**, "She's always doing this. She's always picking on me" I want you to **think**, "She's just having a bad day. She's under a lot of stress, and she doesn't mean it."

John did as I asked, and when he reopened his eyes, I asked him to rate how angry he would feel in this situation...

This time, John said he would feel a 4.

By changing his thoughts, John's anger levels went from an 8 to a 4.



I was SHOCKED.

I had **never** seen anything like it before.

I had always thought that talking about your feelings, exploring your childhood issues and understanding the "root cause" of your anger was the key to managing anger.

But at that moment, I realized that the **key** to managing anger doesn't lie in talking about your feelings, exploring your childhood issues or understanding the "root cause" of your anger.

The **key** to managing anger lies in changing the way you THINK.

**If you can change how you think, you can control your anger.**

## Breaking The Anger Cycle

This statement is so important; let me repeat it:

**If you can change how you think, you can control your anger.**

It's really that **simple**.

## The Birth Of A Revolutionary System

After my life-changing discovery, I **knew** I had to find a way to help my clients **change** the way they thought in situations that made them angry.

But I didn't know **how**.

I tried using traditional techniques like **Cognitive-Behavioural Therapy (CBT)**, but they just didn't work.

I even tried things like meditation and positive affirmations, but they didn't seem to make a dent in my clients' anger levels.

I was starting to feel FRUSTRATED.

I knew I was onto something, but I just **couldn't** figure out how to make it work.

Then, one day, I had a **breakthrough**.

I was reading a book on psychology, and I came across an idea called "**Cognitive Reframing**".

Cognitive Reframing is a TOOL that allows **anyone** to **radically change** how they THINK about a situation.

Over the next few months, I set to work on developing a **system** that would allow my clients to use cognitive reframing to change their thoughts in situations that made them angry.

I tested this system with my anger management clients, and the results were AMAZING.

## Breaking The Anger Cycle

Within **days**, men and women I worked with reported drastic reductions in their anger levels.

Some said it was like a "**miracle**" - they couldn't believe how quickly and easily the system worked.

Many clients, who had been struggling to control their anger for years, said it was the **first time** they had ever felt truly in control.

One client told me that after using the system for just a few **weeks**, his wife said, "It's like you're a different person - I don't even recognize you anymore."

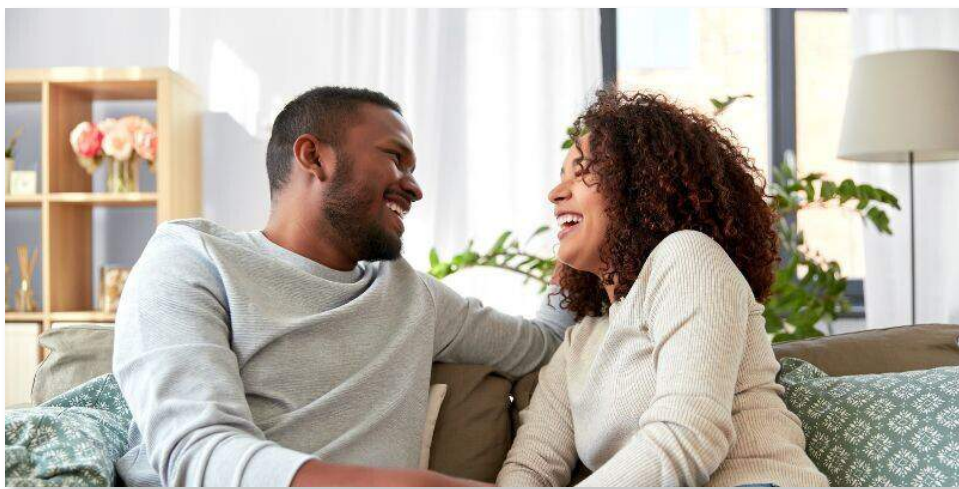
I was absolutely THRILLED.

In no time, my clients were **calmer, happier** and more in **control** than they had EVER been before.

Husbands and wives on the brink of **divorce** were suddenly getting along better than they had in years.

Parents who had been **struggling** to deal with their children's tantrums could now stay calm and in control.

And men and women who had been **struggling** with anger management issues for their entire lives were finally able to find peace.



It was **incredible** to see the positive impact that this system was having on people's lives.

## Breaking The Anger Cycle

And the best part was that this system was not even that complicated.

Many people who spent **10 minutes a day** learning the tools and techniques I taught them saw massive improvements in their anger control in just a few weeks (or less).

I was BLOWN AWAY by the results.

I knew I had to **share** this system with as many people as possible.

And that's how "The Complete Anger Management System" was born.

## Introducing: The Complete Anger Management System



The Complete Anger Management System is a **step-by-step** programme that teaches you EVERYTHING you need to know about **controlling** your anger, **mastering** your emotions and **creating** a calmer, happier and more respectful relationship.

The Complete Anger Management System is based on my many **years** of experience as an anger management coach and counsellor, and has been proven to work, over and over again.

I will tell you more about The Complete Anger Management System in a moment.

## Breaking The Anger Cycle

Before I do, let me share 3 common **myths** about anger management that are important to avoid.

### AVOID The 3 Anger Management Myths

When it comes to anger management success, 3 myths can **trip** people up and **prevent** them from achieving their goals.

#### **Myth 1: "I Can Do It On My Own"**

I call this myth "The Lone Ranger Myth."

The belief that you can control your anger all by yourself is extremely common. And it's also very **dangerous**.

The truth is, learning to control your anger is difficult to do on your own.

After all, it has taken me **30 years** of experience and training to develop the skills I teach in The Complete Anger Management System. And that has been my full-time job!

Do you have the time, energy and motivation to put in that kind of work?

Probably not.

And even if you did have the time, why would you want to reinvent the wheel?

If you let me, I can show you the quickest, easiest and most effective way to control your anger.

#### **Myth 2: "It Will Take Forever To See Results"**

This is what I call "The Slow and Steady Myth."

Many people believe it will take **months**, or even **years**, to learn to control their anger.

Nothing could be FURTHER from the truth!

## Breaking The Anger Cycle

In fact, I have seen people make **massive** progress with their anger in weeks, days and even sometimes hours!

Why?

The answer lies in the fact that your THOUGHTS generate your anger. And once you know how to **change** those thoughts, you can INSTANTLY change how you respond to situations, meaning that you **do not** get angry in the first place.

It may take a little time to learn how to do this **effectively**. But once you have the skills, the results are incredible.

### **Myth 3: "I Need To Attend Counselling To Deal With My Anger"**

This is what I call "The Counselling Myth."

Many people believe that to deal with their anger, they need to see a therapist or counsellor to talk about their issues.

#### **This is not true!**

In fact, most people who attend counselling for anger management find that it does little to help them.

Why?

The answer is simple: counselling focuses on the **past**. While the past may have played a role in shaping your anger, it is NOT the cause of your anger now.

The cause of your anger is how you **think** about the events in your life, right now.

And that means that the ONLY way to deal with your anger is to **change** how you think.

I know this sounds simple. But it's true.



## Breaking The Anger Cycle

OK, now that you understand the 3 myths of anger management, let's look at the **3 game-changing secrets** you need to know to **break** the cycle of anger, abuse and violence that so many people get stuck in.

### Secret 1: Anger Just Does *Not* Work

Secret 1 is that anger just does **not** work.

While this secret may sound simple and obvious, it is an incredibly **powerful** realisation.

When you understand that **no matter** the situation you are in, anger makes things **worse** rather than better, it gives you the motivation to try something different - to find a better way of expressing yourself and handling tough situations.

To explain this more, let's start with a common misconception.

Many people believe that getting angry gives them **power** or **control** over a situation.

For example, you might think that if you get angry enough, the other person will back down or give you what you want.

But in reality, the idea that anger gives you power is an **illusion**. When you get angry, it only serves to **take away** your power and leave you feeling out of control. It takes away your ability to think clearly, connect with others and find a solution that works for both sides.

**Anger may give you a temporary rush of energy and make you feel more powerful, but it rarely gets you the outcome you're looking for.**



## Breaking The Anger Cycle

In other words, anger may give you a temporary rush of energy and make you feel more powerful, but it rarely gets you the outcome you're looking for. In fact, it almost always has the **opposite** effect.

As you probably know too, in reality the **price** you pay for anger is steep.

When you act out in anger, it **damages** your relationships, your health, and even limits your opportunities in life.

I have spoken to literally **thousands** of men and women in the last 30 years, for example, who have lost relationships, jobs, and even their freedom because of their anger.

Every outburst of anger or rage you experience chips away at your well-being and the quality of our connections with others. And worse still, if you don't take action to control it, anger has a way of multiplying over time and **becoming worse**.

So, now that we've established that anger just doesn't work, let me remind you of something incredibly important.

### **You are not defined by your anger.**

You have the **power** to choose how you respond to every situation, no matter what it is. No matter how long you've been dealing with anger issues, no matter what kind of experiences you have had in the past, it's **never too late** to control your emotions and create a better outcome for yourself.

You can learn how to manage your anger in healthier ways. You can **break the cycle** of negative patterns and establish lasting change. And you can create a more **peaceful, respectful and meaningful relationships** with yourself and those around you.

### **The first step to do this is to take action.**

Anger issues don't fix themselves, you have to take charge of yourself and your future. I will give you options later in this ebook on how to do this.

## Breaking The Anger Cycle

So, now that you've learned that anger doesn't work, then the next step forward is to learn how to stop your anger from escalating and take control of your emotions.

That brings me to my second game-changing secret...

## Secret 2: The Key To Anger Management Is Awareness

Now, although this secret again sounds simple, it is very **powerful**.

For example, imagine that you are becoming frustrated, annoyed or angry at your partner.

If you are **not aware** of how you are feeling in this situation there is **nothing** you can do to change how you are acting in this situation.

However, if you **are** aware that you are feeling frustrated, annoyed or angry, there are **many** things you can do to change how you are acting in this situation.

**If you ARE aware that you are feeling frustrated, annoyed, or angry, there are MANY things you can do to change how you are acting in this situation.**



**This idea is so powerful that it is worth repeating:**

If you are not aware of how you are feeling in a situation there is nothing you can do to change how you are acting in that situation.

## Breaking The Anger Cycle

However, if you **are** aware that you are feeling frustrated, annoyed or angry, there are **many** things you can do to change how are acting in that situation.

With this powerful truth in mind, the next logical question is:

**“How can I become aware that I am feeling frustrated, annoyed or angry?”.**

A simple answer to this question is to notice what I call your "**Early Warning Signs**" of Anger.

***Your Early Warning Signs of Anger are the physical, behavioural, emotional and mental signs that indicate that your anger is starting to build.***

For example, some common Early Warning Signs of Anger include wanting to yell, feeling tense, having a racing heart, thinking negative thoughts or breathing quickly.

When you become **aware** of your Early Warning Signs of Anger, it is then possible to take steps to control and manage your anger before it escalates further.

When I work with clients, I teach them to **recognise** their Early Warning Signs of Anger before they become too heated.

I also teach them how to **deescalate** their anger before it gets out of hand.

If you want to learn more about how to do this, then please visit my website [angersecrets.com](http://angersecrets.com) to book a **free 30-minute anger assessment call** with me.

For the moment however, remember that the second game-changing secret to controlling your anger is to become **aware** when you are getting angry.

If you **are** aware of how you are feeling in a situation there **many** things you can do to change how you are acting in that situation.

## Breaking The Anger Cycle

However, if you are **not** aware that you are feeling frustrated, annoyed or angry, there is **nothing** you can do to change how are acting in that situation.

Let's now move on to the third game-changing secret of anger management.

### Secret 3: You Create Your Anger

The third secret you need to know to control your anger in any situation is that **you** create your anger.

This secret may sound counter-intuitive, but understanding this concept is pivotal in mastering your anger. Many people, for instance, believe their anger is caused by **external** factors such as people, events, or circumstances.

For example, they may think that they get angry because of something their partner did or how their children acted. It's like there's a stormy, external environment that causes them to get angry.

In reality however, this is never true. Anger is something that comes from within you.

**It is your perception of a situation, rather than the situation itself, that causes you to become angry.**

Let me repeat this statement as is absolutely vital in understanding how to control your anger:

**It is your perception of a situation, rather than the situation itself, that causes you to become angry.**

In other words, your anger comes from **within**. It's how you THINK about external events or circumstances that leads to feelings of anger. Two people can experience the same situation and one person will become angry while the other won't.

## Breaking The Anger Cycle

For example, imagine that you are driving your car and all of a sudden another car cuts in front of you dangerously. When this happens to you, what is the **first** thought that is likely to go through your mind?

If you are like most people, you will probably think something like "**That driver is an idiot!!! How could they be so stupid?!!!**"

This thought is likely to lead to feelings of anger. And because you are feeling angry, you are likely to respond to the other driver in an angry or abusive way, such as by yelling at them, giving them the finger or tailgating them.

Now imagine that you are in the same situation, except that this time you **recognise** the car that cuts in front of you. In fact, instead of being a stranger, it is your best friend John!

In this situation, what are you likely to think? If you are like most people, you will probably have more relaxed thoughts. You may think "**Oh it's John! He must be in a hurry**".

These thoughts are far less likely to trigger angry feelings. In fact, they are likely to make you **smile** and feel amused. You may even think that John recognized your car, and was just trying to annoy you.

In this case, you are much more likely to react in a calm way, such as by waving at John or giving him a thumbs up. You are **unlikely** to get angry at John, shout at him, give him the finger or tailgate him.



**"That driver is an idiot. How could they be so stupid?"**



**"Oh, it's just John. He must be in a hurry".**

## Breaking The Anger Cycle

### So, what is the difference between these two situations?

In both situations, another car cut in front of you dangerously. However, the difference is in how you thought about the situation. In the first situation, you were angry because you thought "**That driver is an idiot!!! How could they be so stupid?**"

In the second situation, you were calm because you thought "**Oh it's John! He must be in a hurry**". The point is that it is not the event that happened to you that created your anger.

It is your **thoughts** about the event that created your anger.

### In other words, you create your anger!

**It is NOT the events that happen to you that create your anger. It is your THOUGHTS about the events that happen to you that create your anger.**



This is an extremely **important** point to understand if you want to stay calm in any situation.

It is **NOT** other people, events or circumstances that create your anger. It is how you **think** about these things that creates your anger. So if you want to control your anger in any situation, the key is to change how you think about the situation.

This may sound like a daunting challenge, but I promise that with **practice**, it can become easy and natural.

## Breaking The Anger Cycle

In fact, this is exactly what I **teach** my clients when we work together. We focus on changing their thinking patterns in order for them to take control of their anger and create calmer, happier and more respectful relationships.

At this point, you should understand the **3 game-changing secrets** to controlling your anger. But understanding something is not the same as being able to apply it. And, of course, there is more to learning how to control your anger than what I have been able to share so far.

### **So, what is your best next step in learning how to control your anger?**

To answer to this question, I have developed what I believe to be the **simplest, quickest and most effective** anger management system that there is.

I call this system **The Complete Anger Management System**.



## **What Is The Complete Anger Management System?**

The Complete Anger Management System is a **step-by-step** online anger management system that teaches you EVERYTHING you need to know to control your anger.



# Breaking The Anger Cycle

The Complete Anger Management System consists of a comprehensive online anger management online course, group or individual coaching and support and free community support.

Being an online system, you can **access** The Complete Anger Management System from **anywhere** in the world, any time of day or night, meaning that you can learn to control your anger at your own pace, in your own time.

## What Is In The Online Course?

Here's a quick overview of what you'll learn in the online course component of The Complete Anger Management System:

### **Module 1: Introduction**

In this module, you will learn what anger, abuse and violence are, what your current level of abuse or violence is, how to use your "Anger Diary" and much, much more!

### **Module 2: Anger Management Tools**

In this module, you will learn four essential anger management tools, including your Early Warning Signs of Anger, how to use the Tension Scale, how to use Self-Talk, how to take a Time-Out, and much, much more!

### **Module 3: Belief Systems**

In this module, you will learn what the real cause of anger is, how your thoughts and beliefs create your anger, where your belief systems come from, and much, much more!

### **Module 4: Changing Beliefs**

In this module, you will learn about rational and irrational thinking, how to change your belief systems to reduce your anger, how to take responsibility for your actions, and much, much more!

### **Module 5: Developing Respectful Relationships**

## Breaking The Anger Cycle

In this module, you will learn how to create calmer, happier and more respectful relationships, including what a respectful relationship is, the eight key principles of a respectful relationship, and much, much more!

### **Module 6: Communication Skills, Part 1**

In this module, you will learn how to communicate better with your partner (as well as everyone else around you), including how to use active listening skills to truly understand what is "underneath" other people's word, and much, much more!

### **Module 7: Communication Skills, Part 2**

In this module, you will learn how to communicate with your partner better (as well as everyone else around you), how to express yourself clearly and non-aggressively, how to negotiate conflict in relationships, and much, much more!



## Is The Complete Anger Management System Right For Me?

By now, you should be able to see what The Complete Anger Management System can do for YOU.

However, you may still be asking...

"Is The Complete Anger Management System **right** for me?"

## Breaking The Anger Cycle

If you are, let me put your mind at ease:

I have spent YEARS working with clients one-on-one, helping them to overcome their anger and create happier, more peaceful lives.

I spent **years** testing, re-testing and perfecting every aspect of The Complete Anger Management System.

And I have ensured that The Complete Anger Management System is the **best anger management course** available anywhere.

You'll see some of my success stories in just a moment...

However, before that, you need to know this:

The Complete Anger Management System is the **blueprint** for anger management mastery that works for literally **anyone**, *even* if you have just about given up hope of ever controlling your anger.

The Complete Anger Management System will show you how to **overcome** your anger and **create** the calmer, happier and more respectful relationships you DESERVE, once and for all!

## Measurable Results You Can Count On

Let's take a look at the **results** you can look forward to...

And especially how **fast** are you going to see them.

In as little as a **few hours**, you could learn what anger, abuse and violence are, the four main tools to control your anger in any situation, and how to put these tools into practice in your everyday life.

In as little as a **few days**, you could learn what the **real cause** of your anger is, how to change your thoughts and feelings to prevent yourself from getting angry, and how to stop becoming angry in situations that would previously have made you furious.

## Breaking The Anger Cycle

In as little as a **week**, you could learn to communicate effectively with those you love, and build a stronger, more loving relationship with your partner, your children, and those you love.

And in just a **few weeks**, you could see a **total transformation** in your life, becoming calmer, happier and more contented than you ever thought possible.

As you can see, the results you will achieve with The Complete Anger Management System are **life-changing**.



But don't just take **my** word for it...

## What My Past Clients Have To Say

The Complete Anger Management System delivers **proven** results.

I could share story after story of those who have used The Complete Anger Management System to control their anger, regain control of their lives and achieve lasting peace and happiness.

However, that would take far too **long**, so I'll share just a **few** of the many success stories I have received...

**Tom**, who had been arrested for assaulting his wife, said that The Complete Anger Management System was "life-changing" for him. When he finished The Complete Anger Management System, he told me:

## Breaking The Anger Cycle

*"Learning to manage my anger has been life-changing for me. I was in denial about so many things that were happening to me-especially my anger. You have helped me realize that I did have a problem and given me the tools not just to deal with my anger, but also to create a happy and healthy relationship with my wife and children."*

**Michael**, who was struggling to deal with his teenage son's anger, said that The Complete Anger Management System "saved" his relationship with my son. Here's what he had to say:

*"I want to thank you for your help. I never realized how bad things had gotten until I started using your system. It has literally saved my relationship with my son. I am now able to deal with his anger in a much more constructive way, and our relationship is better than it has ever been."*

**Sarah**, who was struggling to deal with her anger issues, said that The Complete Anger Management System was "transformative" for her:

*"I just wanted to say thank you so much for your help. Learning to control my anger has been transformative for me. I am now able to lead a happier, more fulfilled life, and my relationships with family and friends are better than ever."*

I could share with you literally **HUNDREDS** of stories like this - stories of men and women who have used The Complete Anger Management System to control their anger, master their emotions and create calmer, happier lives.

## Next Steps

If you're **serious** about taking back control of your life, ending the cycle of anger and violence, and creating a happier, more contented existence, then The Complete Anger Management System is for you.

The Complete Anger Management System takes you **step-by-step** through the process of controlling your anger.

## Breaking The Anger Cycle

You will learn the **real cause** of your anger, how to **change** your thoughts and feelings to prevent yourself from getting angry, and how to **stop** becoming angry in situations that would have previously made you furious.



You will learn to **communicate** effectively with those you love, and how to build a **stronger, more loving** relationship with your partner, your children, and those you love.

These coaching sessions are your chance to get **personal help and support** from me, so that you can make sure you're on track to achieving your anger management goals.

The Complete Anger Management System is available NOW, and you can get started right away by clicking the link below.

**I want to control my anger now!**

I look forward to helping you regain **control** of your life and create the happiness, peace, and contentment you deserve.

Sincerely,

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**Remember:**

To get started with The Complete Anger Management System [click here](#), or visit:

<https://angersecrets.com>