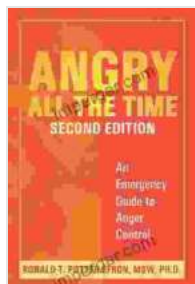


# Tired of Being Angry All The Time? Here's How to Take Back Control of Your Life



## Angry All the Time: An Emergency Guide to Anger

**Control** by Troy Thorne

★★★★☆ 4.5 out of 5

Language : English  
File size : 1940 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 160 pages



Anger is a normal human emotion. Everyone experiences it from time to time. But for some people, anger becomes a problem. They may feel angry all the time, or they may have angry outbursts that they can't control.

If you're struggling with anger issues, you're not alone. Millions of people struggle with anger issues, and it can be a very difficult thing to overcome. But there is hope. With the right help, you can learn to manage your anger and live a happier, more fulfilling life.

### What causes anger?

Anger can be caused by a variety of factors, including:

- Stress

- Frustration
- Pain
- Fear
- Injustice
- Betrayal

Anger is often a secondary emotion. This means that it's often triggered by another emotion, such as hurt, sadness, or fear. For example, you might feel angry if you're feeling hurt by someone's words or actions.

### **What are the symptoms of anger?**

Anger can manifest itself in a variety of ways, including:

- Feeling irritable or on edge
- Having angry thoughts
- Making angry gestures
- Saying angry things
- Having angry outbursts

Anger can also lead to a variety of physical symptoms, such as:

- Increased heart rate
- Increased blood pressure
- Muscle tension
- Headaches

- Stomach problems

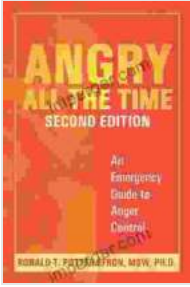
## **How can I manage my anger?**

If you're struggling with anger issues, there are a number of things you can do to manage your anger and live a happier, more fulfilling life. Here are a few tips:

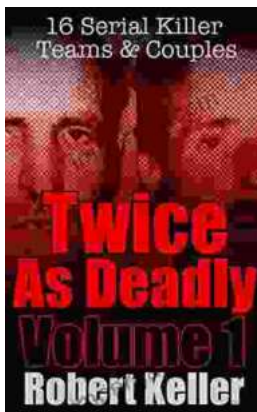
- Identify your triggers. What are the things that make you angry? Once you know what your triggers are, you can start to avoid them or develop strategies for dealing with them.
- Learn relaxation techniques. Relaxation techniques can help you to calm down and manage your anger. Some helpful relaxation techniques include deep breathing, meditation, and yoga.
- Express your anger in healthy ways. It's important to find healthy ways to express your anger. This could involve talking to a friend or family member, writing in a journal, or exercising.
- Seek professional help. If you're struggling to manage your anger on your own, don't hesitate to seek professional help. A therapist can help you to identify the root of your anger and develop coping mechanisms.

Anger is a normal human emotion, but it can become a problem if it's not managed properly. If you're struggling with anger issues, there are a number of things you can do to take back control of your life. With the right help, you can learn to manage your anger and live a happier, more fulfilling life.

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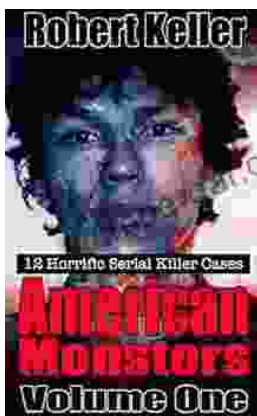


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