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The Anger Factor: Letting Go of Your Unresolved Anger

Jeffery Combs

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The Anger Factor: Letting Go of Your Unresolved Anger Jeffery Combs
Jeffery Combs tackles the issue of unresolved anger in this life-changing book. Readers will learn to recognize the many kinds of anger and will gain new understanding of the causes behind it. This is a book for anyone who has struggled with self-sabotage, emotional addiction, fear, worry, procrastination all which often stem from unresolved issues from past events. In down-to-earth, practical terms, Jeffery shares his own experience with anger, how he moved beyond it, and how he has assisted thousands of others to do the same. For anyone who struggles with anger and its debilitating effects, The Anger Factor is a proven road map for experiencing peace and achieving success.

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