



Anger: And how to change

Rami Rustom

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Some people get angry in situations when they'd rather not get angry. Others have a short temper and would rather not be that way. They consider it a problem. But many of these people don't have much success changing themselves. And many of them end up giving up trying. The purpose of this book is to help those people that want to change but don't know how. People that are on the brink of giving up on the idea that they can change. Now if you're reading this book, then you haven't given up. You're still trying. So you should be proud for putting in effort to improve. This is also a book for the people that have already had some success changing and want an extra boost.

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