

9 ways

TO DEAL WITH ANGER AND FRUSTRATION

1

Understand your anger.

2

Pay attention to how your angry thoughts are phrased.

3

Communicate and ask questions.

4

Talk to someone.

5

Call a time-out.

6

Check it out.

7

Make positive statements.

8

Be prepared with a memorized response.

9

What to Do Instead of Getting Angry



Dealing With Frustration

LL Leslie



Dealing With Frustration:

Dealing With Frustration Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Dealing With Frustration**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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