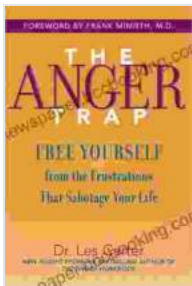


Free Yourself From The Frustrations That Sabotage Your Life

Are you tired of feeling frustrated and stuck?

Do you feel like you're constantly being held back by things that are beyond your control? If so, then this book is for you.



The Anger Trap: Free Yourself from the Frustrations that Sabotage Your Life by Les Carter

★★★★☆ 4.7 out of 5

Language : English

File size : 1994 KB

Text-to-Speech: Enabled

Word Wise : Enabled

Print length : 224 pages

Lending : Enabled



In Free Yourself From The Frustrations That Sabotage Your Life, you'll learn how to identify the root of your frustrations, and develop strategies for overcoming them. With practical advice and real-life examples, this book will help you break free from the cycle of frustration and start living a more fulfilling life.

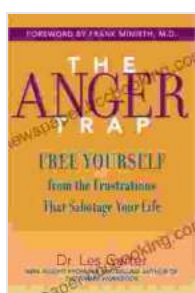
What you'll learn in this book:

- How to identify the root of your frustrations
- How to develop strategies for overcoming your frustrations

- How to break free from the cycle of frustration
- How to start living a more fulfilling life

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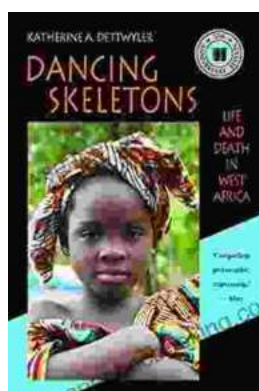
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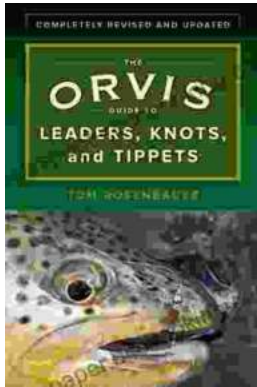
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