



# Anger Control: 3-in-1 Audio, Guided Mediation- subliminal Programming (Love Tapes)

*Bob Griswold*

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Everyone experiences anger, but if you get angry frequently and it seems uncontrollable, this tape is for you. Learn to express your feelings while remaining calm and totally in control of yourself and the situation. It will do wonders for your relationships and your peace of mind.

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