

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

7 Incredible Lifesaving Tips to Manage Your Anger

By Michael Lee

7 Incredible Lifesaving Tips to Manage Your Anger

by: Michael Lee

Experiencing anger is extremely dangerous to your health. It causes your adrenaline and blood pressure to rise up at above normal levels. Moreover, you could end up hurting someone or doing something that you will regret later on.

Here are 7 fantastic tips to help you be the one in control of yourself, and not the hazardous madman called "Anger."

1) Relax and visualize.

Calm yourself down. Take a deep breath. As you exhale, imagine all those bottled-up fury come out of your nose and mouth. Release it and be free. Repeat this step over and over until you feel peace inside.

Then visualize being in a place where you feel most happy, calm, and relaxed. It may be a place like a beach, garden, scenic locations, or anywhere else you might think of. Just imagine being there and inhaling the essence of your serene environment. By doing this, you will not find it hard to attain inner peace.

2) Pour out your anger to safe outlets.

You had a big quarrel with your former friend. He betrayed your trust. You want vengeance and you're raving mad.

Hold it. Restrain yourself.

Try your best to get away from him as far as you can. You don't want to hurt anyone. Anger can possess your brain into doing something that you wouldn't dare do before.

7 Incredible Lifesaving Tips to Manage Your Anger

How do you then release your anger if you can't restrict it anymore?

Buy a punching bag, then pour out all your rage in it. Punch it, kick it, strangle it. Imagine the punching bag is your enemy. When you're done, you will feel a sense of satisfaction. You may even punch and kick through thin air if you desire.

Another way to release it is "SHOUT!" Find a distant place where you can be alone – a place where no one can hear you. At the top of your voice, yell out loud "Aaaaaaaaarrrrrrrrgggggghhhhhh." You can choose any word you like as long as you release all those angry demons out of your chest.

3) Forgive and forget.

Nothing could ease your mental and emotional pains better than by forgiving someone that has hurt you in the past. It is very unhealthy to burden yourself with unnecessary torture brought about by unpleasant memories of other people's demeaning acts.

Moreover, if they have taken something important away from you, would it make sense to also sacrifice your health and lifestyle? Of course not.

4) Exercise.

Engaging in exercises increases your endorphins. Your angry mood could miraculously change to a happy one if you get involved in exercises that you enjoy doing.

5) Have a circle of "sponge" friends.

Do you feel relieved when you voice out all your problems to close friends and relatives? That's the power of voicing out your inner feelings.

Always have someone to talk to when you're down, when you're depressed, when you're mad, or in any other occasion when you feel you have to get the thorns out of your chest.

6) Listen to soothing music.

It calms your soul. A 20 minute session of listening to relaxing music while resting comfortably could soothe the upset spirit. Take deep breaths often.

7) Pray.

Deadly consequences arise when people could not hold back their fury. Ask for guidance that you will be able to control your temper. Prayers bring inner peace to those who ask for it.

There you have it – 7 essential rules to release yourself from the treacherous killer known as "Anger." Manage your anger, save your life.

Michael Lee is the author of "How To Be A Red Hot Persuasion Wizard...In 20 Days Or Less," an ebook designed to fully improve your relationships, multiply your profits, magically influence others, and help you attain all the desired freedom and power you could ever dream of. Get a free sample chapter at:

Eight Simple Anger Management Tips

By David Leonhardt

"The other night I ate at a real family restaurant. Every table had an argument going."

One of the biggest obstacles to personal and career success is anger. When we fail to control our anger, we suffer several blows: Anger impedes our ability to be happy, because anger and happiness are incompatible. Anger sends marriages and other family relationships off-course. Anger means lost business, because it destroys relationships. Anger also means losing business that you could have won in a more gracious mood. Anger leads to increased stress (ironic, since stress often increases anger). We make mistakes when we are angry, because anger makes it harder to process information.

People are beginning to wake up to the dangers of anger and the need for anger management programs and strategies. Many people find anger easy to control. Yes, they do get angry. Everybody does. But some people find anger easier to manage than others. More people need to develop anger management skills.

For those who have a tough time controlling their anger, an anger management plan might help. Think of this as your emotional control class, and try these self-help anger management tips:

Ask yourself this question: "Will the object of my anger matter ten years from now?" Chances are, you will see things from a calmer perspective.

Ask yourself: "What is the worst consequence of the object of my anger?" If someone cut in front of you at the book store check-out, you will probably find that three minutes is not such a big deal.

Imagine yourself doing the same thing. Come on, admit that you sometimes cut in front of another driver, too ... sometimes by accident. Do you get angry at yourself?

Ask yourself this question: "Did that person do this to me on purpose?" In many cases, you will see that they were just careless or in a rush, and really did not mean you any harm.

Try counting to ten before saying anything. This may not address the anger directly, but it can minimize the damage you will do while angry.

Try some "new and improved" variations of counting to ten. For instance, try counting to ten with a deep slow breathe in between each number. Deep breathing -- from your diaphragm -- helps people relax.

7 Incredible Lifesaving Tips to Manage Your Anger

Or try pacing your numbers as you count. The old "one-steamboat-two-steamboat, etc." trick seems kind of lame to me. Steamboats are not the best devices to reduce your steam. How about "One-chocolate-ice-cream-two-chocolate-ice-cream", or use something else that you find either pleasant or humorous.

Visualize a relaxing experience. Close your eyes, and travel there in your mind. Make it your stress-free oasis.

One thing I do not recommend is "venting" your anger. Sure, a couple swift blows to your pillow might make you feel better (better, at least, than the same blows to the door!), but research shows that "venting" anger only increases it. In fact, speaking or acting with any emotion simply rehearses, practices and builds that emotion.

If these tips do not help at all and you still feel you cannot manage your anger and the related stress, you may need some professional help, either in the form of a therapist specializing in anger management or a coach with a strong background in psychology.

David Leonhardt is the Happy Guy (

), author of "Climb your Stairway to

Heaven: the 9 habits of maximum happiness at

For more tips on controlling anger,

boosting self-esteem, expressing gratitude and reducing stress, pick up a copy of The Get Happy Workbook (

)

Related Content:

Eight Simple Anger Management Tips

The Nature of Anger

Are You Addicted to Anger?

Anger and Scarcity

Do you know WHAT MAKES ME MAD?? It makes me SO MAD I just want to...

Read more Content at

Related Products:

Stress The Silent Killer

Rolodex Pro Contact Manager Software

7 Incredible Lifesaving Tips to Manage Your Anger

How to keep up the SPICE in your Love Life.

Scams Exposed

Write Around The World FREE!

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!