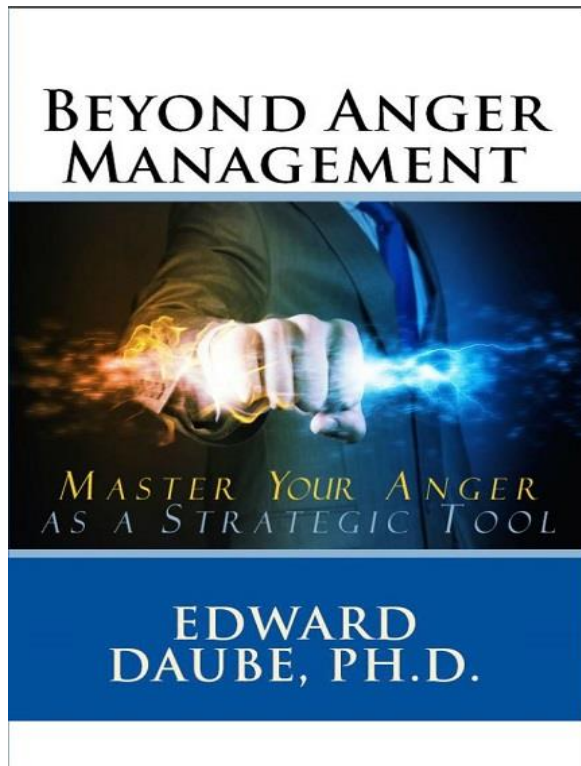


## Ed's Books

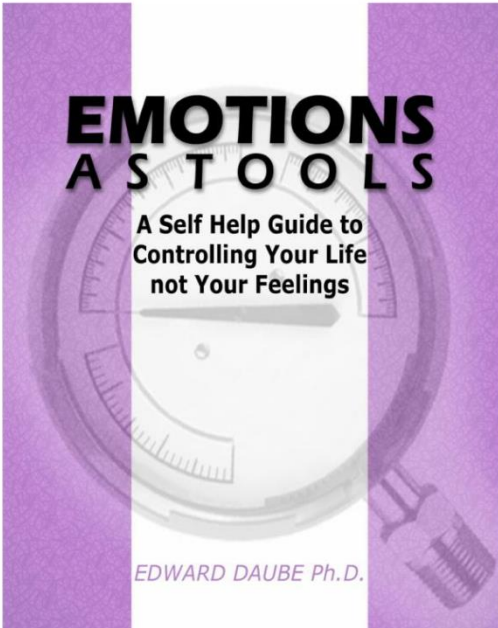


### About the Book:

*Beyond Anger Management: Master Your Anger as a Strategic Tool* is an easy to understand guide which picks up where typical anger management books end. It explains what your anger is and why you have it. It shows you how to identify and master your anger and empowers you to apply your anger as a strategic tool. You will learn how to know when your anger isn't genuine but is covering over other feelings as well as how to deal strategically with someone else's anger directed at you.

*Beyond Anger Management: Master Your Anger as a Strategic Tool* is for you if feel your anger controls you and you want to learn how to master and strategically apply your anger. This guide is also for you if you want to learn to effectively deal with others whose anger controls them.

*Beyond Anger Management: Master Your Anger as a Strategic Tool* is available on [Amazon.com](https://www.amazon.com).



## About the Book:

Control your life not your emotions.

You don't control your DVD or the gauges in your car. You learn how to use them.

You don't need to control your emotions either. You do need to learn how to use your feelings in your life.

The problem is that neither men nor women get the training they need to get the most out of their emotions.

*Emotions as Tools: A Self Help Guide to Controlling Your Life not Your Feelings* focuses

on the emotions of anger, sadness, anxiety, fear, guilt and shame, offers you an easy to understand guide that reacquaints you with your feelings and helps you learn what your feelings are and what they can do for you in your relationships and in your life

*Emotions as Tools: A Self Help Guide to Controlling Your Life not Your Feelings* is for you if you have ever wanted your feelings to just disappear, you believed your feelings controlled you, or you didn't know how to express your feelings appropriately at home, socially, or at work so you covered them over. *Emotions as Tools: A Self Help Guide to Controlling Your Life not Your Feelings* is also for you if you want to learn more to help you read people better or because you know someone who doesn't do well with their feelings.