



The "Anger Within Your Soul": "Let It Go"

Danielle Mitchell

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The information provided in this book will help you to identify if you or someone has anger issues. This book provides a lot of information regarding anger, depression, anxiety, and how to be free from these issues. It is important to recognize the symptoms of anger due to the fact that it has underline issues that could cause you to have health problems. I give a list of different health issues that could occur if it is not managed. Anger is one of the reasons why marriages don't stay together, and the reason why teenagers end up in jail at a young age. The information provided will give you help and encouragement. I provide encouraging scriptures along with joy and laughter. "A merry heart does good like a medicine." Laughter brings health and healing to a persons body. You will find that this book is educational, healing, resourceful, funny and relaxing.

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