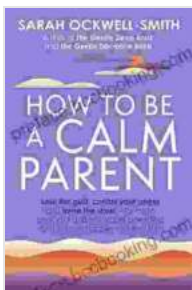


Lose The Guilt, Control Your Anger, And Tame The Stress For More Peaceful And Enjoyable Life

If you're tired of feeling guilty, angry, and stressed, then this book is for you.



How to Be a Calm Parent: Lose the guilt, control your anger and tame the stress - for more peaceful and enjoyable parenting and calmer, happier children too

by Sarah Ockwell-Smith

★★★★☆ 4.7 out of 5

Language : English
File size : 1709 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 256 pages



In this book, you'll learn how to:

- Identify the root of your guilt, anger, and stress.
- Develop effective strategies for coping with these emotions.
- Create a more peaceful and enjoyable life for yourself.

This book is packed with practical advice and exercises that will help you to overcome these negative emotions and live a more fulfilling life.

Don't wait any longer to start living a more peaceful and enjoyable life. Free Download your copy of this book today!

Here's what people are saying about this book:



““This book has changed my life. I used to be so consumed by guilt, anger, and stress. But now, thanks to the techniques in this book, I'm finally able to control these emotions and live a more peaceful and enjoyable life.” - Sarah J.”



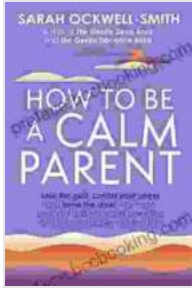
““I've read countless books on how to overcome guilt, anger, and stress, but none of them have been as helpful as this one. The author provides clear and concise instructions that are easy to follow. I highly recommend this book to anyone who is struggling with these emotions.” - John D.”



““This book is a lifesaver. I've been struggling with guilt, anger, and stress for years. But after reading this book, I finally have the tools I need to overcome these emotions and live a happier life.” - Mary S.”

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