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To Save  
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**How to Control**  
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Mindfulness And

***How to control your  
ANGER? By Sandeep  
Maheshwari*** Sandeep

Maheshwari is a name  
among millions who  
struggled, failed and  
surged ahead in search  
of success, happiness  
and ...

***Sadhguru on How To  
Never Get Angry or  
Bothered By People***



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***On an emotional rollercoaster? Here's how mindfulness helps you get back in control (#12)*** Have

you been on an emotional rollercoaster this past week, irritable one minute and full of worry the next?

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Getting **angry** at the ...  
Men Can Use

**Anger Is Your Ally: A  
Mindful Approach to  
Anger | Juna Mustad**

TEDxWabashCollege

How do we create a  
healthier relationship  
with **anger**? Most of us  
either stuff our **anger**  
or we suddenly find  
ourselves erupting in ...

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comes in very handy  
when you're making ...

Their Lives And  
**8 Ways to Overcome  
Anger** To learn more  
about **anger** and how  
to keep control of it,  
read our article at ...

**Yoga For When  
You're Angry** Yoga  
For When You Are  
**Angry**. It happens.  
Wires get crossed. You

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feel disrespected.  
Misunderstood. You get  
upset. TRY - Yoga ...  
Mindfulness And

**I'VE SHAVED MY  
BEARD & MADE IT  
TO POKERNEWS!  
#10KCHALLENGE -  
WEEK 44**

**HIGHLIGHTS** I've  
shaved my beard,  
made it to Pokernews  
and then the  
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Enjoy the highlights!

**Feeling angry? Learn**

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**about 2 types of  
anger, and 3 simple  
steps to cope  
(Coronavirus update  
#9)** Not all **anger** is  
the same. Learn what  
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them and what to do  
when you feel the fire  
of ...

**STOP getting ANGRY**  
**Sleep Hypnosis ★**  
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Their Lives And  
***Fear, Anger and How  
to Counter the***

***Manipulation of the  
Human Mind | Nicole  
LeFavour |***

***TEDxBoise*** How can  
we push back on a  
world focused on  
**anger** and turning fear  
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everyday acts of

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**- Hold your temper,**  
**Angry Emotions**  
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**Subliminal** Control  
Your **Anger** - Hold your  
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**How to Deal With**  
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During a Youth and  
Truth event at JJ School  
of Arts, Mumbai,  
Sadhguru answers a  
student's question on  
how to deal with anger  
in  
Relationships

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hours of ...  
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***How to Handle Being  
Angry at Yourself |  
Anger Management***

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these resources:

Beyond **Anger**: How to  
**Free** Yourself from the  
Grip of **Anger**: ...

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