



## 28 Strategies to Get Rid of Fear, Anger, and Frustration in Your Life: A daily journey to control your emotions in your worst moments!

By Jerry Banfield

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CHAPTER 26: Stop Playing The Victim! Fix The Real Problem Right Now.  
CHAPTER 27: Constructive Criticism Helps! How To Make Use Of Negative Feedback. CHAPTER 28: How To Succeed At Accepting The Life You Have  
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