



# I Love Anger Training Workbook

*Isaac Rowe*

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## **I Love Anger Training Workbook** Isaac Rowe

This is the Training Workbook for the Bestselling book "I Love Anger" This Workbook will walk you step by step through the book to help you with anger management and this will help you get your thoughts on paper to see what is really inside the deepest areas of your heart and mind. I Love Anger.... attempts to provoke the deepest areas of your curiosity by driving you to ask yourself, "Do I love anger?" This book paints a picture of a life, riddled with uncontrollable variables, in which deposits of anger can slip in right below the radar. Isaac's journey from his childhood to adulthood draws an emotional rollercoaster through pain, loss and abuse. It was during the most gut-wrenching and darkest times in his life that Isaac learned of his weaknesses and discovered his will to live. You are eventually brought to hope, faith and forgiveness through reflection and introspection. Can the very thing that almost destroyed you bring you to love yourself? The answer is a resounding "Yes".

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