

Download Anger 101 A Beginners Guide To Anger

Many of us feel anger, irritability and frustration throughout the course of our daily lives. Exercise can be a great daily treatment to release those feelings. All online courses reflected in this list are available on Universal Class. Please note that this list changes frequently and any course is subject to the terms of enrollment and availability; any course may be closed for enrollment at anytime and for any reason and without warning. Maya Mendoza is a published author of 3 personal development books. She has run an NLP / EFT Practice for 29 years helping clients transform problems into personal power. The Beginners Guide to D/s. Introduction. Dominance and Submission (D/s) is an alternative relationship in which a Master or Dom controls the actions, emotions, and will of the slave, or submissive, often referred to as "sub"., Anger 101 A Beginners Guide To Anger.

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