

A person's silhouette is visible on the right side of the image, looking out over a sunset or sunrise. The sky is filled with soft, horizontal clouds in shades of orange, yellow, and blue. The overall mood is contemplative and serene.

60 Second
Anger
Management
Quick Tips To
Handle
Explosive
Feelings

Anna PsyD

60 Second Anger Management Quick Tips To Handle Explosive Feelings

Léo Pomar



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under god indivisible with liberty and justice for all

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