

## What Makes Me Angry

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## What Makes Me Angry

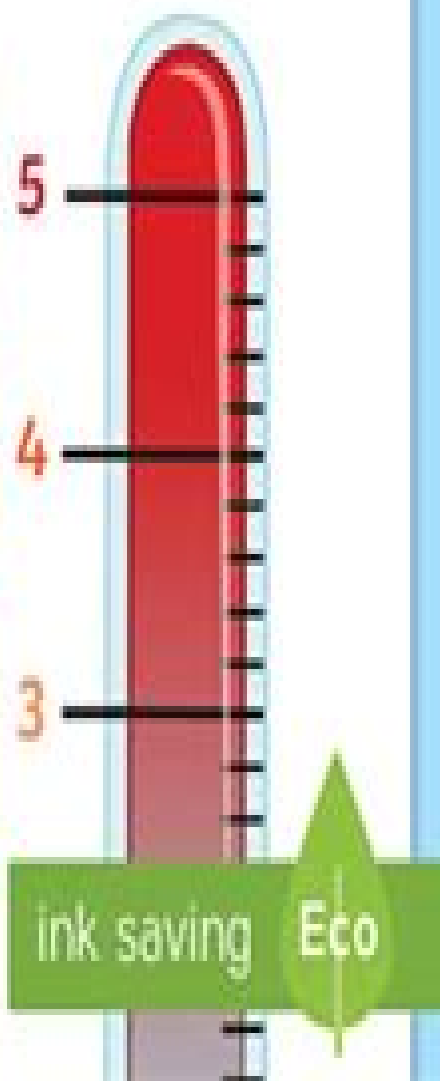
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# That Makes Me Angry

**Henry Norman Hudson**



## **That Makes Me Angry:**

*You Can't Make Me Angry* Dr. Paul O.,2022-01-14 And acceptance is the answer to all my problems today You may already know of Dr Paul s simple yet profound wisdom in the frequently quoted passage from his story in the Big Book of Alcoholics Anonymous Dr Paul continues sharing his experience strength and hope in this his second book *You Can t Make Me Angry* By the time you put this book down you will be convinced that people and circumstances don t make us angry we make ourselves angry People can t make us angry unless we let them We alone are responsible for our feelings A measure of the effectiveness of communication is the result it produces If you don t like the results you are getting when communicating with another person there s a great deal you can do about it I m not willing to let any thing or any person put my physical sobriety at risk why should I put less value on my emotional sobriety For physical sobriety we had to give up drinking and for emotional sobriety we have to give up blaming others No longer can we say You made me angry Instead we must accept personal responsibility for our emotional state This much responsibility may seem extreme yet in fact it is a great freedom Henceforth no person or situation can upset us if we don t give them or it permission to do so What could be a greater freedom than that Emotional maturity is like serenity The first time I felt serene I wondered what was happening but I liked the feeling and wanted more The more I got the more I wanted Serenity is addictive When Anxiety Makes You Angry Kelsey Torgerson Dunn,2022-03-01 Many teens who struggle with anger also struggle with anxiety and their anxiety can actually drive their anger or make it worse Using an approach rooted in evidence based cognitive behavioral therapy CBT *When Anxiety Makes You Angry* helps teen readers identify the anxiety beneath their outbursts practice acceptance of difficult emotions rather than fighting or trying to ignore them and learn healthy coping and self regulation skills Edward Heath Made Me Angry Stuart Christie,2004 **That Makes Me Angry!** Anthony Best,1989 Angry with each other Bert and Ernie soon make up when they discover they have had a ridiculous misunderstanding **That Makes Me Angry!** Anthony Best,1990-04 Angry with each other Bert and Ernie soon make up when they discover they have had a ridiculous misunderstanding **All play, by Ismay Thorn** Edith Caroline Pollock,Ismay Thorn,1899 **Works** William Shakespeare,1887 *Childhood, boyhood, youth* graf Leo Tolstoy,1899 **The Old, Old Story** Rosa Nouchette Carey,1894 Shakespeare Henry Norman Hudson,1880 *The Cosmopolitan* ,1900 Criminology Arthur MacDonald,1892 **Peterson's Magazine** ,1877 **The Inconstant, Or the Way to Win Him** George Farquhar,1889 **The Works of William Shakespeare** William Shakespeare,1898 Are You Happy? Dennis Wholey,Cleveland Amory,1986 Collected from conversations with more than 50 writers scientists celebrities educators and religious leaders in which Dennis Wholey sought to find the common denominators in happy people *The Idler* ,1898 **The Complete Works of Henry Fielding** Henry Fielding,Thomas Roscoe,1889 *The Idler* Jerome Klapka Jerome,Robert Barr,1898 Wood's Household Magazine ,1872

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