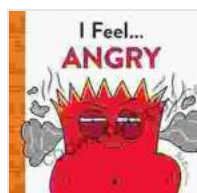


Feel Angry: The Power of Embracing Your Anger

By DJ Corchin

Anger is a powerful emotion. It can be destructive, but it can also be a force for good. In his groundbreaking book, *Feel Angry*, DJ Corchin argues that anger is not a negative emotion that should be suppressed or ignored. Instead, he believes that anger is a powerful force that can be used for good.

Corchin provides readers with tools and exercises to help them understand their anger, express it in a healthy way, and use it to create positive change in their lives. He shows readers how to:



I Feel... Angry by DJ Corchin

★★★★★ 5 out of 5

Language : English

File size : 3448 KB

Print length : 56 pages

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- Identify the triggers that make them angry
- Express their anger in a healthy way
- Use their anger to create positive change in their lives

Feel Angry is a must-read for anyone who wants to understand and manage their anger. Corchin's insights and exercises will help readers to

embrace their anger and use it to create a better life.

Praise for *Feel Angry*

"*Feel Angry* is a groundbreaking book that will change the way you think about anger. DJ Corchin provides readers with tools and exercises to help them understand their anger, express it in a healthy way, and use it to create positive change in their lives. This book is a must-read for anyone who wants to understand and manage their anger."

- **John Gottman, PhD, author of *The Seven Principles for Making Marriage Work***

"*Feel Angry* is a powerful and important book. DJ Corchin writes with honesty and compassion about the challenges of anger and how to overcome them. This book is a must-read for anyone who wants to live a more fulfilling life."

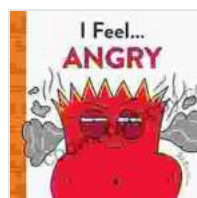
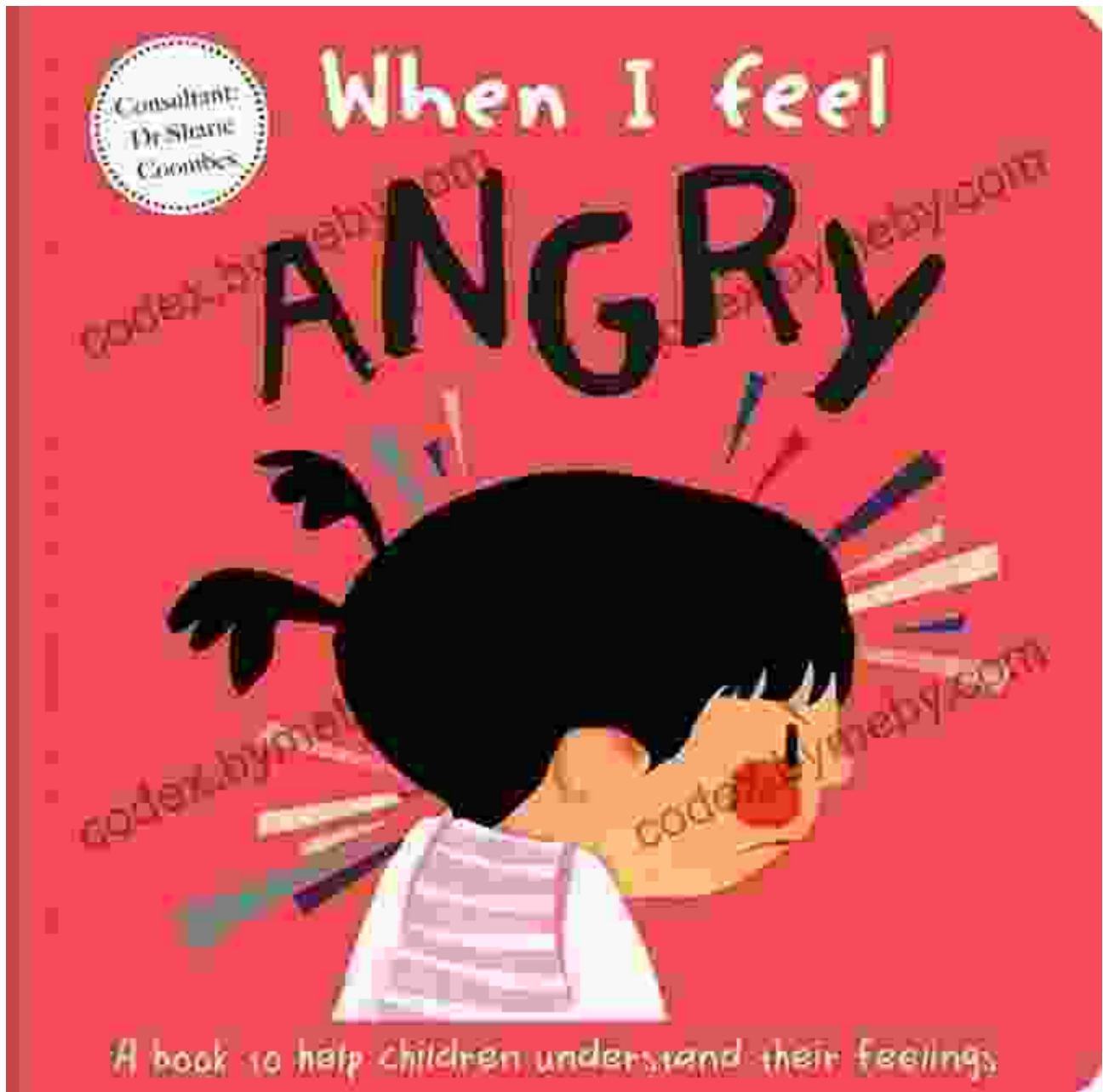
- **Brené Brown, PhD, author of *Daring Greatly***

About the Author

DJ Corchin is a licensed clinical psychologist and the author of several books on mental health, including *The Mindfulness Workbook for Anger* and *The Anxiety Workbook*. He has been featured in numerous media outlets, including *The New York Times*, *The Washington Post*, and *The Oprah Winfrey Show*.

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