

GET STRESS AND ANGER UNDER CONTROL!

5 ESSENTIAL STEPS TO MANAGE YOUR TEMPER



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Have you ever thought, “If I could learn how to control my temper I would have a great life?” If so, this might be the most important report you read all year. Here's why...

HAVE YOU EVER SAID ANY OF THESE THINGS?

- I don't know how to control my temper and the stress that makes me angry.
- I don't know where to find a program or counselor I can trust.
- I don't want to lose my family and friends.
- I don't want to lose my job, home and everything I own.
- I don't want to hurt anyone or end up in prison!

If you can relate to any of that, then this special report is going to be life changing for you.

What You're Going To Get...

In this report your going to discover 5 practical and applicable steps to manage and control your temper. Guaranteed!

Before I unpack the specifics, I want you to consider for a moment, the results of doing nothing. Ignoring a problem doesn't make it go away. It makes the problem worse!

How bad could it get? Well, if you ignore investing in a Stress and Anger Management Program these are the long-term results you are very likely to experience:

- Divorce - Domestic Violence
- Child abuse, Road rage - Undesirable behaviors
- Health Issues – Low self-worth, low self-esteem
- Problems at your place of employment – Lack of sexual desire - Financial loss
- Negative attitude – Regrets, Mental, Physical and Spiritual problems



Why Should You Listen To Me?

Over thirty years ago I was a walking time bomb with a bad attitude, short fuse and violent temper. I would start an argument with anyone that tried to talk to me. I remember yelling at people just because I thought they were staring at me. I had road rage and would explode and start cussing at people, especially old people because I thought they were driving too slow. I was out of control, I was suspicious didn't trust anyone! I'd come home stressed out and scream at my wife and children for no reason. They were afraid of me, I had no patient, no empathy, compassion or control and it was killing me. Instead of getting help I was taken out all my frustration on my family, friends and co-workers.

It got so bad I started drinking and using drugs to drown the negative voice and violent thoughts in my head, but that didn't work, I'd wake up and start all over again. That along with the swearing and sarcasm almost ruined my life, marriage, family and finances. I felt ashamed; I was locked in my own personal prison and couldn't get out. The truth is, I didn't like myself. I was depressed, miserable and tired. I couldn't get myself together and didn't know what to do. Trust me, I understand what you're going through...that's why I'd like to share with **you** how I learned how to control my temper and anger.

I invested in a Christian Anger Management program and learned how to control my temper and anger! I got the help I needed spiritually, emotionally and mentally. Now most of my relationships have been restored. My family, co-workers and friends are relieved and really happy for me. I finally had peace.

So, I have recently developed my own Stress & Anger Management program using scripture to help others learn the secret to managing and controlling their temper, stress and anger.

Now let's look at the top 5 Steps to Control your Temper. If you apply these specific steps you will soon be in control, relieved and at peace.

STEP 1: GET TO THE ROOT AND REMOVE IT

It's going to be challenging but once you uncover the root of your anger you can deal with it and move forward.

When I met Michael he was very angry. He lost his business and felt worthless like a loser because his anger had landed him in prison. I connected with Michael at the State penitentiary where he was serving his time. I invited him to participate in one of our **“How To Get Stress & Anger Under Control” group sessions** where I meet with other men who struggled with anger to help them learn how to manage and control their temper.

After identifying the #1 obstacle to achieving his goal, I mapped out a 3-step action plan to help him get to the root of his problem, understand what happened and why it happened which resulted in relief, peace, and a new mindset.

He, Michael almost didn't reach out to me because of guilt and shame. In talking to Michael, I discovered that his top constraint was issues with his childhood, so I prescribed a specific course of action. Michael implemented the plan. Now Michael feels like a weight has been lifted and he is optimistic about his future because he finally has a new mindset. He got the answers he needed to change his thinking, which has changed his life, and now he's regained his confidence and his new business is thriving. We got to the root and removed it!



STEP 2: STRENGTHEN YOUR MIND TO GET THROUGH IT

Controlling the mind is serious. It is the center of thought. Romans 12:2 says... Do not conform to the pattern of this world but be transformed by the renewing of your mind. When I work with clients I use specific techniques to strengthen their minds which enables them to change their thought process from negative to positive.

Evelyn is a Harvard graduate and professional businesswoman that was fired from her place of employment without notice. She felt offended and humiliated because she thought the firing was unfair. When I met Evelyn on a **“How To Get Stress & Anger Under Control Session”** at Harvard where I meet one on one with other students struggling with stress and anger to help them manage and control their temper, identify their #1 obstacle to achieving their goal, and map out a 3-step action plan to help them succeed.

Evelyn almost didn't reach out to me because she was full of unforgiveness. In talking to Evelyn, I discovered that her top constraint was pride so I made three simple recommendations. Evelyn implemented the plan and she ended up forgiving everyone including herself. Now she owns her own business. She is grateful and excited because she finally has solved her problem. She strengthened her mind and got through it!

STEP 3: BELIEVE IN YOUR HEART YOU CAN DO IT

It is written that...The heart is deceitful above all things, and desperately wicked: who can know it? What I do here is soften their heart so the new seed we plant will grow and they will have proper understanding going forward.

LeRoix is a professional concert pianist and professor employed at Berklee School of Music who was in a serious car accident. He felt angry because he was told he would never be able to play music again and would have to give up music. When I met LeRoix while presenting a **“How To Get Stress & Anger Under Control Session”** at Berklee School of Music he was at the end of his rope-and depressed. He believed he would never be able to play the piano again.

LeRoix almost didn't reach out to me because in his heart his heart was broken and he didn't believe he would recover. In talking to LeRoix I discovered that his top constraint was a lack of faith so I made three simple recommendations.

LeRoix implemented the plan and is not only performing he has started his own music school. He believed in his heart that he could do it, and did it!



STEP 4: UNDERSTAND THE ANGER AND REDUCE IT

Anger is not a bad thing when understood. We should not allow our anger to distract us. When you dwell on your problems, you will become anxious and angry. That powerful energy can be channeled in constructive ways to help bring about positive results. The key is to learn how to redirect the energy produced from anger and use it to grow. Understand the anger and use it!

When I met Mr. Carmo he was frustrated, discouraged and angry because his company was not producing like he expected. I connected with Mr. Carmo on a **“How To Get Stress & Anger Under Control Session”** in Las Vegas, Nevada where I meet 1 on 1 with other business owners to help them re-evaluate and identify the #1 obstacle to achieving their goal, and map out a 3-step action plan to help them get more clients, business, and cash flow.

Mr. Carmo almost didn't reach out to me because he felt he couldn't afford the program. In talking to Mr. Carmo, I discovered that his top constraint was believing the program would be work so I prescribed a specific course of action. Mr. Carmo implemented the plan and his business began to generate cash flow exponentially. Now Mr. Carmo feels confident, relieved and positive because he finally has the strategy he needed.

STEP 5: NOW YOU HAVE CONTROL – DON'T LOSE IT

Once you learn how to redirect your anger from negative to positive you will be amazed at the results. You will consider it a blessing instead of a problem. With your new found knowledge you will be more productive, uplifted and in control. That is a good reason to celebrate. Because You Win!

When I met Mr. Gomes he was the CEO of a large organization yet deeply depressed. He felt embarrassed and ashamed because he would lose his temper and get angry then react with sarcasm whenever anyone disagreed with his ideas. I met Mr. Gomes at the Trump Plaza Hotel in New York City where I was presenting a **“How To Get Stress & Anger Under Control Session.”** There I meet 1-on-1 with other CEO's and prominent business owners to help them effectively communicate with their staff and managers. The #1 obstacle to achieving his goal was lack of communication skills so I mapped out a 3-step action plan to help him.

Mr. Gomes almost didn't reach out to me because he didn't believe my program would help him. In talking to Mr. Gomes, I discovered that his top constraint was fear of rejection. So I helped Mr. Gomes by developing a blueprint, a plan of action. He implemented the plan and learned how to handle rejection without feeling ostracized. Now Mr. Gomes feels like a winner and has developed a new mindset. He learned how to celebrate and lead without the fear of being rejected. He has learned how to celebrate his wins.

BONUS STEP:

I have found that most people are most effective in facing their anger with the help of others.

If you want to learn how to manage and control your temper, stress and anger. Follow these five steps, and if you want to get these results even faster, I invite you to book a free 1-on-1 free ***“How To Get Stress & Anger Under Control Strategy Session”*** with me.

On this fast-paced call we'll look at your background, experience and current situation, and we'll see what's possible for you in terms of understanding and controlling your anger in the next 1-3 years. We'll examine what you're doing now and find out what's working and what's not.

We will identify the #1 thing holding you back from having the results that you want to have and map out a plan to get you where you want to go faster. You'll leave the call feeling clear, confident and excited about taking your journey to the next level.



To schedule your free ***“How To Get Stress & Anger Under Control Strategy Session”*** with me.

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