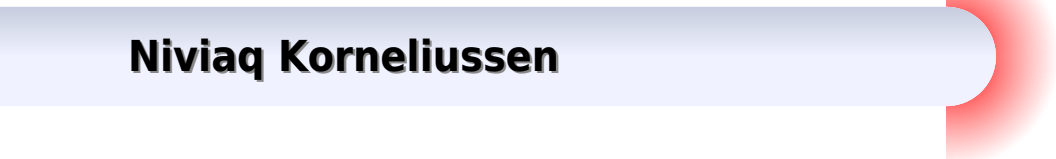




**IT JUST MAKES
ME ANGRY**

That Makes Me Angry

Niviaq Korneliussen



That Makes Me Angry:

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

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

Nina in That Makes Me Mad! Hilary Knight, Steven Kroll, 2011-09-27 Lots of little everyday frustrations make Nina mad and she is very good at expressing her feelings

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

Edward Heath Made Me Angry Stuart Christie, 2004

When Life Makes Me Mad Sheila Stewart, 2014-09-29 Life doesn t always go the way you want it to You mess up people let you down and things don t work out Anger is a normal response but it s not always the best one When you get angry sometimes you lose control and that doesn t help anything in fact a lot of times it makes things worse Learning how to stay calm when you are angry can help you stay in control of the situation You won t ever be able to control everything like weather and other people for example but figuring out how to take charge of your own reactions and emotions goes a long way

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

Anger Habit Carl Semmelroth, Donald Smith, Donald E. P. Smith, 2004-08 Carl Semmelroth s *The Anger Habit* is a leading anger management book that is poised to become a major force in the category This book is centered around the principle that for those who have anger problems anger can be a learned response

Often the people with the problem don't realize that they are acting habitually or why they are. Semmelroth takes you step by step through the process of identifying and getting over the anger habit. Case studies and stories show you how to avoid feelings of losing control, Depression, Panic, Family battles.

Who? Me! Angry? Jerry Campbell, 2011-07-01. The Who Me series of books offer words that are different than what we hear most often. Daily we are hearing Go Go Go, but for Dr. Campbell he hears Stop, Look and Listen. His Who Me Angry book places a parenthesis of time devoted to putting on the brakes and of all things to stop, look and listen. His truth is as old as the human race except for his profound wisdom emanating from his thesis on life and anger, which may be the one sound investment into everyone's life that will make the difference.

Last Night in Nuuk Niviaq Korneliussen, 2019-01-15. Five friends attempt to find themselves in the nightlife of Greenland's capital city in this audacious and honest, sorrowful and triumphant debut novel. NPR: In a collection of blurry nights and bleary mornings after Greenlandic author Niviaq Korneliussen weaves together the coming of age of five young people in the city of Nuuk. Fia has recently sworn off men, only to discover that the woman she wants is unavailable. Her brother Inuk is forced to escape Greenland after being implicated in a political scandal. Arnaq struggles to cope with her past as her hard partying life spirals out of control. Meanwhile, Ivik and Sara must confront an important transition in their relationship. With vibrant imagery and daring prose, Korneliussen creates a Greenlandic literature unlike any we have known before: a young, urbane stream of consciousness studded with textpeak and delirious with nightlife. This inventive debut transports us to a cold homeland where the blood runs hot. Guardian UK.

Discover tales of courage and bravery in is empowering ebook, **That Makes Me Angry** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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