

The Anger Trap: Free Yourself From The Frustrations That Sabotage Your Life By Les Carter

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It was always from one airport to the next, to some plush hotel or home and what followed was the usual city experience.

But sometimes you have to scratch the surface a little harder Oh Montego Bay What an adventure.

should not have been a surprise that we would be camping on a beach, but

safe and sound headed on her own adventure and the road of mother hood.

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Although we were beyond excited to see the family, returning to the hard tropics felt like a step backwards.

a warm ground, bison galore, shy bears and snow, snow, snow We drove into the

comment) We left Denver Colorado in a hurry Get us outta this town we

The farm is by far the greatest challenge I have had in my working career.

to say and certainly not something we ever imaged saying, but it is now true

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Les Carter is the author of The Anger Workbook Les Carter, The Anger Trap: Free Yourself from the Frustrations that Sabotage Your Life. 0 likes.

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Controlling anger -- before it controls you

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