



Defuse: A Mom's Survival Guide for More Love, Less Anger

Karol Ladd

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In this timely survival guide, positive mom Karol Ladd offers practical steps to help mothers identify hidden anger in their own lives and in the lives of each member of their family. When tempers flare they need to know how to respond quickly to defuse the situation and to, instead, create a more loving atmosphere where anger has no place. The discussion focuses on three important steps:

- Recognize and Deal with Your Anger
- Learn How to Respond to Their Anger
- Create an Environment Where Love Abounds

With anger being a major issue in every home, Karol's positive plan offers vital solutions that will not only deactivate anger but strengthen the bonds of love.

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Rene King:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their down time with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? May be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the book untitled Defuse: A Mom's Survival Guide for More Love, Less Anger can be fine book to read. May be it can be best activity to you.

Matthew Gregg:

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