

Love Your Enemies: How to Break the Anger Habit and be a Whole Lot Happier



*How to Break the Anger Habit
& Be a Whole Lot Happier*

Sharon Salzberg and Robert Thurman

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Book Review

This book is very gripping and exciting. I was able to comprehend everything out of this written e publication. You will not truly feel monotony at at any time of your respective time (that's what catalogs are for concerning should you question me).

(Eulalia Schamberger)

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