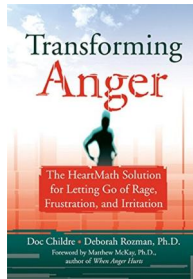


## Transforming Anger: The Heartmath Solution for Letting Go of Rage, Frustration, and Irritation



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### Book Review

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