

## 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

Extremely helpful for all group of men and women. it absolutely was writtern extremely perfectly and valuable. Your way of life span will be transform when you complete looking at this ebook.

(Prof. Trever Torphy)

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