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# **Anger: A Message for Men**

Keith Ashford



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## Anger: A Message for Men

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Anger cannot be managed or massaged--chances are you know that already. Nor can it be denied, avoided, projected or repressed with any satisfactory result. But here is the miracle: Anger can be transformed into its opposite, which is inner peace. What you may regard as an obstacle on your life-journey is revealed as the way itself.

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