



# How to Control Emotions: An Essential Guide to Controlling Your Emotions, Behaving Calmly, and Exuding Emotional Stability and Maturity

By Kirk Saugareli

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## How to Control Emotions: An Essential Guide to Controlling Your Emotions, Behaving Calmly, and Exuding Emotional Stability and Maturity

By Kirk Saugareli

The average American is said to lose his or her temper around 3 to 4 times a week. How quickly you get upset varies situationally, depending on the kind of day you are having and how good you feel about yourself (or your life) at the given time. There are days when you may be more tolerant of long lines or noisy kids, and other days when even the slightest delay ruffles your feathers. The thing with losing your temper is, undoubtedly, you end up being frustrated by not being able to control yourself, which often comes with regret - after the fact. You end up wishing you could turn back time and handle the situation differently. Unfortunately, there is no way to do that (as far as I know). And it isn't healthy to continually berate yourself for what has past. Take a moment now and go ahead and forgive yourself for all the times you lost your cool in the past. Next, get started reading this book so that you can avoid similar instances in the future. I'm going to show you how to step back and recognize your emotions before they get out of hand, and how to develop healthy emotional outlets so you don't have to keep your feelings brewing inside either. If you know it's time to learn how to control your emotions instead of letting them get the best of you, then let's get started!

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