



# **104 Ways to Starve Your Anger and Feed Your Soul**

*Robyn Wheeler*

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Anger is a natural emotion we all experience. But when anger and hatred takes over rational thought, common sense, and love and compassion for others, they will become your worst enemy, and contribute to more harm. 104 Ways to Starve Your Anger and Feed Your Soul offers you one suggestion a week for two years on how to live an anger-free live.

## **104 Ways to Starve Your Anger and Feed Your Soul Details**

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Author : Robyn Wheeler

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# **From Reader Review 104 Ways to Starve Your Anger and Feed Your Soul for online ebook**

## **Pamela says**

I liked the format of this book. Each page has a snippet of advice. While I don't think I'll eliminate my anger, I did bookmark many pages and have the book next to my bed to look at for inspiration.

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## **John Pollock says**

I was excited to hear that I'd won this book in GoodReads Giveaways. Upon receiving it I read all 104 entries in one sitting and many affirmations really hit a tender spot with me. I thoroughly enjoyed this book and will use it as a daily tool to help me through tough times. I also plan on buying Born Mad. Thank you Robyn Wheeler for this wonderful gift.

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## **Katherine says**

Robyn Wheeler, author of Born Mad, has written an exceptional book about controlling your anger. It is a list of suggestions about how to do just that. It can be read through and the suggestions that you feel are the best for your situation can be utilized – or – take one at a time (by the week) for 104 weeks, and explore them that way. Ms. Wheeler does not preach or lecture the reader, but just states the suggestion and lets you internalize it. How you use them is up to you. An example from the list is:

“Happiness is not an inanimate object that can be purchased from a store. Happiness is located within you. Only you have the power to make yourself happy. Happiness is a state, not a destination.”

Robyn Wheeler was diagnosed with a form of depression called dysthymic disorder, which she related in her book, Born Mad. She struggled for years with anger, until she was diagnosed. She now takes medication to help regulate the imbalance in her brain and most of the indicators of her disorder are gone or have improved.

She is the owner of Born Mad, LLC, a company dedicated to creating awareness for this disorder and helping others. She is now a newspaper reporter, author and inspirational speaker. She is a member of the National Alliance on Mental Illness, National Association of Professional Women, World Wide Who's Who and the National Association of the Self-Employed. She is a certified Family to Family Education Instructor for NAMI, Kaufman Chapter and was named the 2012 Professional of the Year in Writing and Editing from Worldwide Who's Who.

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