



A Calming Daily Refuge: Daily Meditations for Handling Anger and Emotions and Enhancing Personal Growth

Mr. Steven Fiorito

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A Calming Daily Refuge is one of the first and only daily meditation books dedicated specifically to Anger Management. The daily meditation book is one of the most valuable self-help tools there is. It is inexpensive, easy to use, educates, centers, and focuses us on the task at hand—positive change and growth. Also, its benefits are continuous over a period of years, unlike some self-help books that you may read only once or twice. Research supports the importance of daily meditation/affirmation books as an essential tool for personal growth and positive lifestyle changes. Another great thing about A Calming Daily Refuge is that the majority of the meditations are based on real experiences, of real people while in Anger Management counseling over a ten year period. So many of the insights are not just about anger, but also emotional management and life principles that really work. Get ready to look deeper and grow stronger in your journey towards a healthy and peaceful life.

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