

HOW TO TAME YOUR THOUGHTS



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Start by considering these 10 anger management tips. 1. Take a timeout - Counting to 10 isn't just for kids. Before reacting to a tense situation, take a few moments to breathe deeply and count to 10. Slowing down can help defuse your temper.

Anger Management: 10 Tips to Tame Your Temper

GLORIA ANZALDUA How to Tame a Wild Tongue Gloria ArizaldiUi bom in 1942 in the Rio Grcuule Valley of South Texas. At age eleven she began working in the fields as a migrant worker

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