

## Releasing Anger versus Anger Management

Source: *The Tree of Health Center, LLC*

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NEWTON, N.J. -- **Anger Management** - if you happened to see this movie with Adam Sandler and Jack Nicholson, you may realize that managing anger is really not that easy. In fact, managing anger is quite different from, and much less beneficial than releasing anger altogether.

Let's face it; everyone experiences anger, whether it's mild irritation or full blown rage. It's a basic human emotion that, oftentimes, can be traced back to early childhood training – and it wreaks havoc on our lives. When not dealt with properly, anger can lead to physical and mental health problems, such as: depression, anxiety, self-harm, high cholesterol, high blood pressure, heart disease and many more. To compound matters, problems relating to anger are clearly escalating in today's society. According to Leonard Ingram, psychotherapist, author and founder of the Anger Institute of Chicago, *one in five Americans is said to have anger management issues*. So this means 20% of Americans have difficulty controlling their anger! (<http://www.theravive.com/services/anger-management.htm>)

### So what's the good news?

There is a way to actually release our pent-up anger that often gets triggered every day. And all we need is our own energy and some training – that's it.\* If we could release our anger, what would that look like for us? What would it look like for our family and all those whose lives we touch? It might be scary for us, since anger might be a prevalent emotion that we've lived with for so long that we feel it's part of who we are. On the other hand, imagine being able to release your anger completely, only to find a more peaceful and balanced "you" that has been living underneath that anger all along.

To help community members release their anger, leaving them to actually enjoy life's simple moments, The Tree of Health Center is offering a class called *Releasing Anger the Easy Way*. This class will not only help you to let go of some of your anger, but it will give you very simple, natural tools to use on your own for permanent well-being. This 6-hour series involves three two-hour sessions over the course of three weeks. The first session of *Releasing Anger the Easy Way* is on Wednesday, May 28th, from 7-9 pm, with the following sessions taking place on June 4th and June 11th from 7-9 pm. The cost for this series is \$65 on the day of the first session or \$60 if registering one week in advance.

*Releasing Anger the Easy Way* is taught by The Tree of Health Center's Debra M. Hollinrake. Debra is an Advanced Emotional Freedom Techniques Practitioner, trained and certified through the Association for the Advancement of Meridian Energy Techniques (AAMET). Under Debra's skillful guidance, you can finally experience freedom from anger, stress, or trauma that has held you hostage for far too long.

*"Energy medicine is the future of all medicine. It's not the mechanistic parts of the joints moving. It's not the chemistry of our body - it's understanding for the first time how energy greatly influences how we feel."*  
- Dr. Oz.

To register or to get more information, please email [info@thetreeofhealthcenter.com](mailto:info@thetreeofhealthcenter.com), call (973) 500-8813 or visit our website at [www.thetreeofhealthcenter.com](http://www.thetreeofhealthcenter.com).

\* For severe anger cases, you may need the guidance of a qualified Emotional Freedom Techniques practitioner.

## About The Tree of Health Center

The Tree of Health Center, located at 55 Newton Sparta Rd, Unit 107, Newton, NJ, is a health and wellness center dedicated to bridging the gap between all health care traditions, with a strong focus on noninvasive practices and prevention. Their team of unique health care specialists is passionate about health, growth & well-being. The Tree of Health Center is helping to create a sustainable future for the health and welfare of our community worldwide. Their team of teachers and practitioners listen and communicate with integrity. They are committed to sustaining unity in our values and truthful compassion in helping others within a meaningful and safe environment filled with love, joy and healing. Visit <http://www.thetreeofhealthcenter.com> for current events, updates and to join the community.

### Contact

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