

Learn to Control Your Emotions

Guiding you to the right path

THE

ART

of

PAINTING

tree



like this

How

when you

ANGER AND
FRUSTRATION ARE
NORMAL AND

UN
DON'T TAKE THEM
OUT ON US!



It's not

hard to argue

but it's

not

easy

look in
the mirror

because you it means that

work to do

not