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## 4 TIPS TO DIFFUSE YOUR ANGER AND NEGATIVE ATTITUDE



**HOUND**

There will always be something that goes wrong in the office, which may provoke you and cause you to get angry. Your colleagues might be acting irresponsibly or you could be passed over for a promotion, or any other similar triggers. Sometimes the triggers are small things that annoy you and stay with you through the day or even longer, until you just can't take it anymore. [Read More at Hound](#)

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