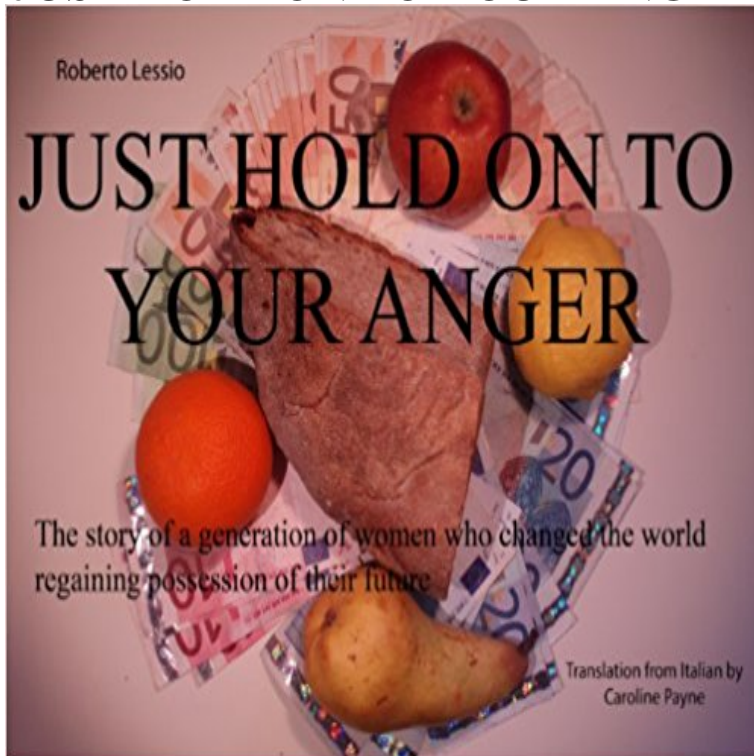


JUST HOLD ON TO YOUR ANGER



Lucia, mother of two young children, is unemployed with no prospects for the future. Feeling initially very alone and concerned, she decides to fight the bank that wants to take away their home for default on payment of their mortgage. Other friends become involved a young mother who is also a barrister, and others who are experiencing the same economic and existential problems. The anger they all feel becomes the driving force that pushes them to change their situation, and they decide to fight the lawsuit by the bank together in court. At the first hearing they find themselves in front of a female Judge who has also recently become a mother herself: a mysterious, determined young woman who has a very profound knowledge of the subject concerned. This legal battle gives rise to a worldwide movement of indignant people who are nevertheless non-violent. Using state-of-the-art communication technology, they carry the existing economic system controlled by some of the largest banks to the point of collapse. The system they fight is based solely on the plunder of natural resources and the appropriation of the wealth produced by citizens from their work; a system that uses debt resulting from wars, economic crises and financial constraints to blackmail countries and their people. It is a system that uses governments to control their own interests, in particular the Italian government led recently by someone without scruples. It is a system that through control of the mass media imposes every type of disinformation, for as long as the people continue not to understand or concern themselves with finance. A fundamental point of reflection in the story is Robert Kennedys criticism of welfare being in the hands of just a few people (the concept of GDP), which guides neo-liberal thought based on the privatisation of public services (water in particular). The book

describes how the super-rich members on earth become progressively wealthier while everyone else is dragged further into poverty. It explains the technical steps involved in taking down this system, re-creating it following an ethical and eco-compatible criteria as laid down in the Christian Lords Prayer in the part which states a moral obligation to forgive debts. A new form of communion is considered: water, a home, work, education and health are common property which being essential for life cannot belong to anyone. They cannot belong to a hypothetical market where competition is merely a facade, nor can they belong to a State where governments are made up of politicians appointed by those who control the financial system. The future generations are our real creditors, because we are indebted to life itself on this Earth and have an obligation to give it back to those who come after us.

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Inspirational Quotes - PopSugar hold me. I wanted you to sit with me and hold me, and stroke my hair, and tell me about the world, and Just hold my hands and help me feel your presence. **Bruce Springsteens Wrecking Ball: Hold Tight To Your Anger** The more you can solidify your commitment to resolving your anger with a sense of purpose, importance, and Hold your hand directly over your eyes. You might be short on sleep and just dont feel like working on your anger right now. **The Infinite Thread: Healing Relationships Beyond Loss - Google Books Result** If youve listened to Springsteen over the decades or even just dropped in on And to us: Hold tight to your anger/ And dont fall to your fears. **Treating Anger Disorders Anger Management Treatment Options** JUST HOLD ON TO YOUR ANGER - Kindle edition by Roberto Lessio, Caroline Payne. Download it once and read it on your Kindle device, PC, phones or **How to Manager Your Anger New Life Christian Church** For the next few days, notice each time you openly express your anger or hold your anger in. Dont make any judgments about it just make a mental note each **Quotes About Grudges (64 quotes) - Goodreads** Being angry at someone hurts only you. Let go of your anger, not for the other person, but for yourself. Remember, forgiving doesnt mean forgetting. Forgiving **How to control your anger - Stress, anxiety and depression - NHS** Unresolved anger is linked to high blood pressure, anxiety and depression. You can control your anger, and you have a responsibility to do so, says clinical Running, walking, swimming, yoga and meditation are just a few activities that **Anger Management: Tips and Techniques for Getting Anger Under - 55 sec - Uploaded by NEWS INDIADirectTV to shy bladder sufferers-** Just hold it in, your anger, that is. **Honor Your Anger: How Transforming Your Anger Style Can Change - Google Books Result** I just never felt comfortable sitting down and talking with my people . I hold my anger/problems inside, and then when I have had all that I can **Do you hold your anger/problems inside? - Social Anxiety Forum** Anger is a normal, healthy response to a threat and may be used for a constructive at work, in your personal relationships, and in the overall quality of your life. **Controlling Anger Before It Controls You - American** You just have to make the choice. - Jim Butcher, White Night. Dont hold to anger, hurt or pain. They steal your energy and keep you from love. **DirectTV to shy bladder sufferers: Just hold it in, your anger, that is** Later, at home, you hold it together until your 6-year-old pops out of bed for the fifth time, Would it kill you to just go to sleep for once?!. **How Good Is Your Anger Management? - Stress Management from Controlling Anger Before It Controls You - American** Shy bladder sufferers want DirecTV to stop airing a television ad in which a painfully awkward actor Rob Lowe says he cant urinate in public. **The Anger Busting Workbook: Simple, Powerful Techniques for - Google Books Result** Theres a common notion that suppressing your anger must be bad for Israel looked not only at how frequently people get angry, but at the **Forgiveness Isnt Weakness - Dont Let Anger Hold You Back and** Holding onto anger is like drinking poison and expecting the other but whatever your opinion about that might be, there is no question about : **JUST HOLD ON TO YOUR ANGER eBook: Roberto** Sometimes you just need to relax and not let things bother you. When you feel that you cant hold your anger in any longer, here are some great strategies to