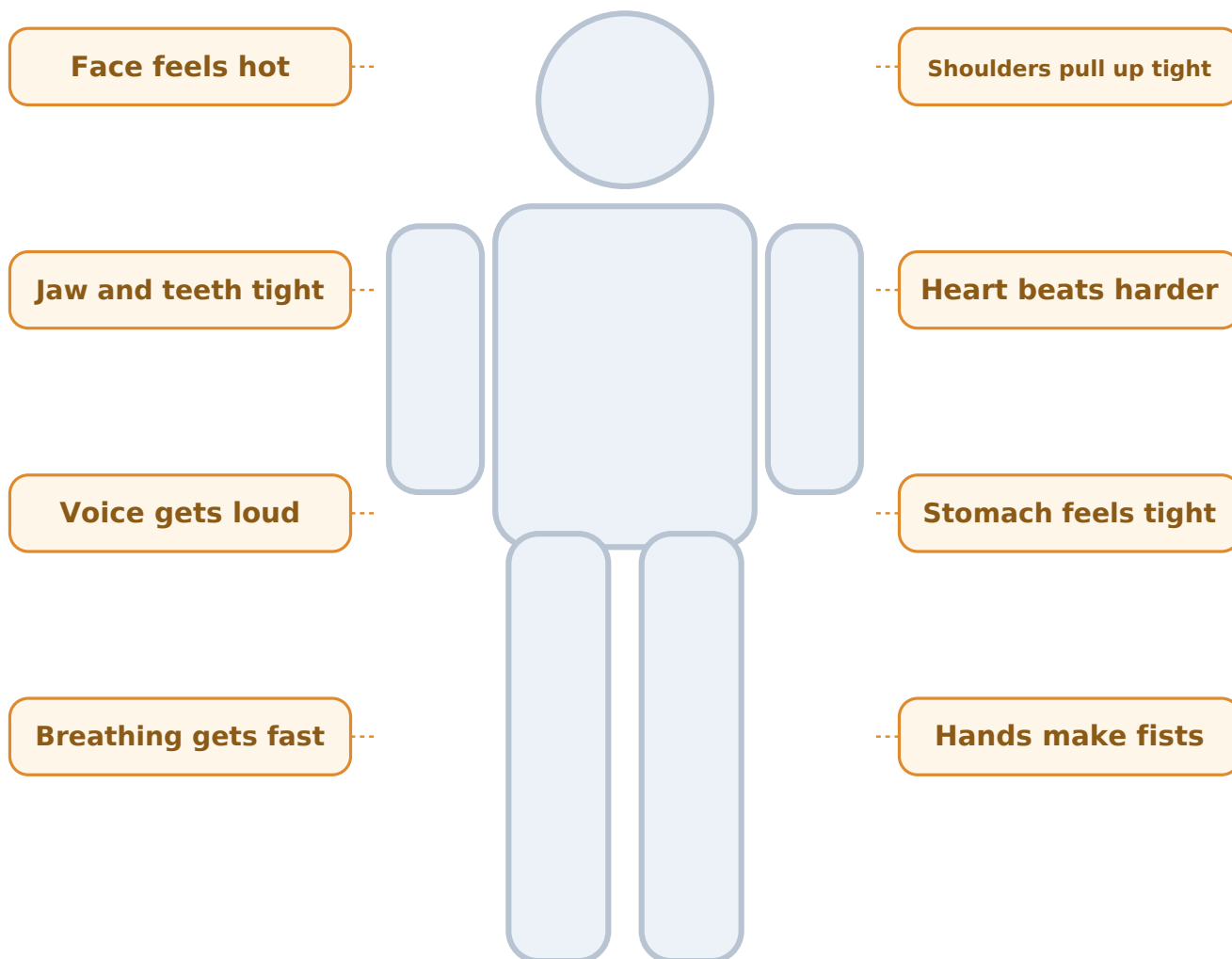


My Body Tells Me First

The warning signs that come before anger takes over



Catch it early — while you still have choices

The first sign is the easiest one to do something about.