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**August 29th 2018: Mad As Heck: What to Do  
When You Lose Your Cool**

Road rage, political discord, online trolls, the triggers for anger are everywhere in the modern world, and the opportunities to lose your temper grow with every passing year. You would not be human if you didn't lose your cool once in awhile. But what's worse than getting mad as heck is stuffing it down until it explodes in a bad way, hurting the people around you. It happens to the best of us, and we can learn how to handle this well. Join Dr. Mary Oz and Andrea Lee for this episode filled with easy, doable actions to keep close by so the next time something happens and you're about to lose

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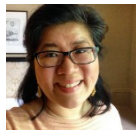
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### Featured Guest



#### Andrea Lee

Andrea Lee is Founder and CEO of Thought Partners International, a consulting firm that champions ideas that are ahead of their time.

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