



101 Ways to Vent

Alex Berhane

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In this funny, simple, practical guide to venting stress and anger, Alex Berhane, the founder of VentNation.com, shares his own, sometimes quirky, venting methods along with many of those posted on his popular website. What's more, he includes links to short, animated videos to the methods, creating even more attachment to this already-addictive manual on stress relief. 101 Ways to Vent organizes the venting methods into four categories: no risk; low risk; moderate risk; and try at your own risk. If you have always used a few of the same methods to vent, allow this volume to stimulate your imagination. Overall, it can be a useful contribution to improving your confidence, outlook and even health should you decide to vent in any of the 101 ways.

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