



Workbook

The "Healthy Expressions of Anger" Workbook Series

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Couples Workbook

Speakman Coaching & Consulting

"Teaching people how to make anger a positive force in their life"

Mike Speakman, LISAC Author

P.O. Box 30146, Phoenix, AZ 85046

Ph. & Fax 602-765-4931 Toll Free 800-239-9127

On the web at: www.mikespeakman.com

A person can complete this self-study workbook by him/herself, or along with a family member, spouse, or friend. It can also be completed with the help of a coach or counselor. The workbook provides simple, time-tested "tools" that can help anyone handle angry people better, upsetting situations more peacefully, and improve the expression of their own anger as well. It can give a priceless gift: "Better coping skills for dealing with the increasing level of anger in this world."

Workbook for Recovering Persons & Recovering Couples and Workbook for Christians & Christian Couples now available

With Either Workbook, a Person Can Learn How to:

- ❖ Have a *more peaceful* work and home environment
- ❖ Keep their *serenity* when others are angry
- ❖ Turn frustrations into *positive* action
- ❖ Identify and *resolve* the 3 sources of anger
- ❖ Control the hidden element that *drives* anger
- ❖ Learn the secret (and importance) of building *true* patience
- ❖ *Help* others deal with their anger in healthier ways

Quantity Price: (1-4: \$24.95 each) (5-9: \$20 each) (10- 49: \$15 each) (50 or more: \$12 each)

First Class Shipping Fee: \$5.00 for up to 5 Workbooks, Plus \$.60 extra for each additional Workbook

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