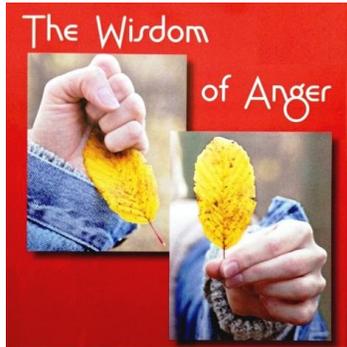


Surprising New Answers to All Questions about Anger

THE WISDOM OF ANGER



The Wisdom of Anger seminar will give you surprising answers to the age old question of why we get angry. It will also give you very effective tools that will help you deal with your anger in new ways. (These tools will also help you deal with other people's anger).

In only three hours you will learn:

- **what is anger and why it's there;**
- **why you can't really talk yourself out of it;**
- **three step process that is guaranteed to prevent future angry feeling;**
- **a 15 minute exercise that will help you calm down and gain new insights into the source of your anger;**
- **and much much more!**

* * *

"I find these exercises invaluable. I use them daily to cope with my challenging job".

Journalist

The Wisdom of Anger: how it works and why it's different

The Wisdom of Anger seminar doesn't teach you how to rationalize or talk yourself out of your anger. Instead, it uses innovative Brain Upgrade techniques, which produce immediate results. You will learn very simple but fool-proof skills, which you can easily use every day. This seminar is more about prevention than management of anger, but these techniques will always calm you down!

The Wisdom of Anger seminar is based on over 20 years of research and experience. It offers a completely unique approach - YOU WILL NOT LEARN THESE TECHNIQUES ANYWHERE ELSE. They will work for you whether you have too much anger, never get angry or have to deal with other people's anger.

* * *

"This class gave me a lot of insight into my anger and why things bothered me. I feel empowered! I now have tools to prevent and manage anger."

Project Manager

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