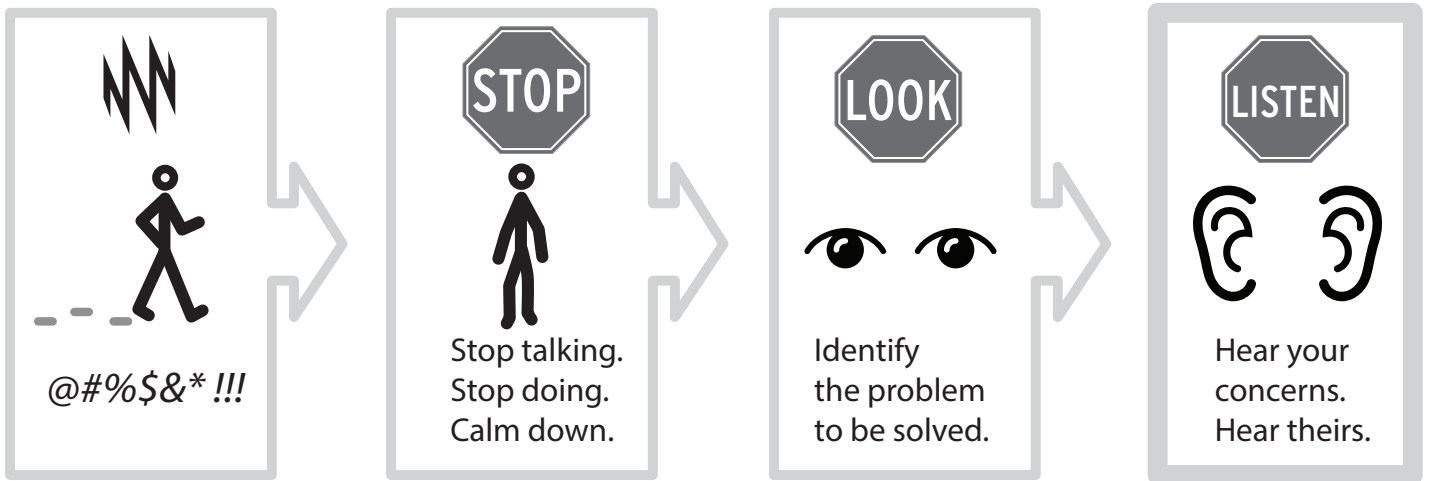


Regard Anger as a Stop Sign

Download this worksheet at prescriptionswithoutpills.com.



What to Look For after I Have Calmed Down

