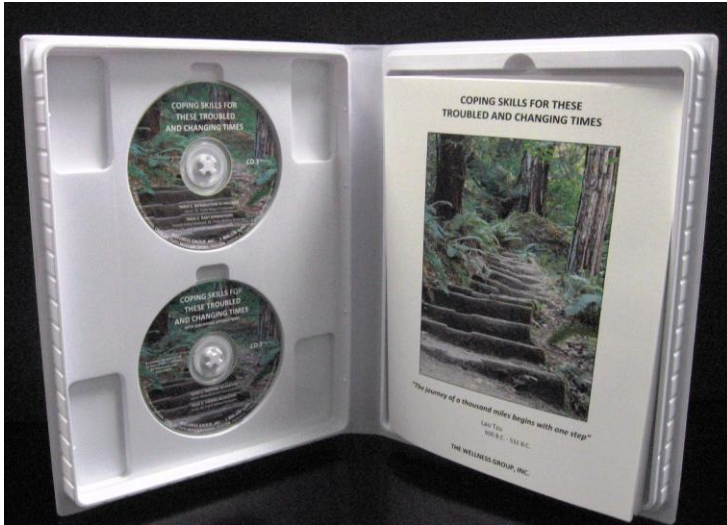


COPING SKILLS FOR THESE TROUBLED AND CHANGING TIMES



"The journey of a thousand miles begins with one step"

Lao Tzu
600 B.C. - 531 B.C.



wellness group, inc.

Since 1982 the Wellness Group, Inc. (WGI) has been helping organizations and individuals achieve excellence by offering a range of services which include coaching for personal and professional growth and development; stress management; human resources consulting and training; employee assistance programs; and safety training.

Our staff is an experienced group of professionals knowledgeable in providing cost effective, service oriented programs that help individuals and corporations become more successful.

All of us at the Wellness Group, Inc. sincerely hope that you find our material enjoyable to use, and that our program helps you make a positive difference in your world.

This workbook and the two CDs are designed to work as a stand-alone program.

The cost of the program is \$24.99 plus S&H.

To order a program or for any other information, please contact us at:

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ABOUT THIS PROGRAM

The purpose of this program is to provide you with coping skills for these troubled and changing times.

The program consists of a workbook and two CDs. The workbook uses stress assessments, exercises, and coping techniques to teach you how to manage your stress, control your fear, and reframe your thinking. The first CD includes a series of affirmations and how to get started. The second CD includes two (2) guided relaxations. The one for the morning is designed to give you clarity and peace of mind and to energize you as you start your day. The one for the evening is especially designed to promote feelings of deep relaxation, well being, clear out your self-destructive thoughts and behaviors and to soothe you to sleep.

As you work on improving your financial situation you can reduce your stress by practicing the stress reducing techniques presented in this program. You will feel more in control of your life and it may help you build a more secure future.

This program will provide you with an opportunity to gain a greater awareness of yourself and learn effective coping skills. By implementing the tools presented in this program you will notice positive changes in your life where your thinking and actions will align with your core values to help you create the life you want for yourself and your family.

***Coping Skills for These Troubled and Changing Times* is your opportunity to create a compelling future for yourself and achieve excellence.**

See what it can do for you!

There are times when professional help is necessary. Depression may deepen and suicidal thoughts may occur and help outside of ourselves, family and friends is required. Professional help from your medical doctor/and or mental health professionals may be necessary.

These program, exercises, and materials are not intended to replace treatments for medical or psychological conditions by licensed physicians, psychologists or other health professionals. Do not change any prescribed treatment without your doctor's approval.

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