

Anger Good for Your Health?

Anger, Jealousy, Sadness -ugh!

We Hate Feeling Out of Control but how we use these feelings can improve our health—

Story Ideas:

Undress Stress

Remove Your Biggest Hidden Stressor

Why Anger, Jealousy and Sadness Are Good for You

Valentine's Day Idea: How Much EQ Does it Take to Keep a Relationship Going?

Why Men Are Right:

You Don't Have to Talk about Feelings

Road Rage, Work Rage, Plane Rage

How to Defuse the Charge Before Someone Gets Burned

3 Tips for Peace Around the Holiday Table

How to Have Fun Even When You Don't Like Each Other's Politics

Emotional Intelligence:

Use Yours to Get Ahead at Work

How to Create a Happy Ending to Any Painful Event:

It's Never Too Late

contact **Dr. DEB SANDELLA**

303-229-8686 · drdeb@RIMinstitute.com
www.RIMinstitute.com



No Way!



DEBORAH SANDELLA PHD, RN

Author of the *Amazon #1 International Bestseller:*

Goodbye Hurt & Pain, 7 Simple Steps to Health, Love and Success.

She is an award-winning psychotherapist, university professor, and the originator of the groundbreaking RIM Method, which is a heavily-backed neuroscience tool proven to reduce stress and improve quality of life. She's been featured in numerous media—including USA TODAY, CBS, NBC, FOX and CNN. Research finds her work significantly decreases symptoms of stress-related illness and increases quality-of-life. She frequently shares the stage with Jack Canfield and is co-author of their "Awakening Power" program. Her numerous professional awards include, "Outstanding Clinical Specialist," "Research Excellence," and an "EVVY Best Personal Growth Book Award."



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