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

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