



## CD ORDER FORM

### Manage Your Fears Manage Your Anger Chapters on CD

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Each CD is \$17.50 or the Whole Set for \$420

| ID #  | Title  | Qty. |
|-------|--|------|
| #0018 | There Are Two Choices: Security and Insecurity; The Passion for Self-Distrust; Will Versus Fate  |      |
| #0019 | Exceptionality; The Group of the Patient and the Doctor From a Whole; The Vanity of Knowing Better   |      |
| #0020 | Temper and Temperament; Nervous Patient Versus Nervous Person; Frustrations, Emergencies and Beliefs; External and Internal Environment      |      |
| #0021 | The Patient is an Apprentice; Nervous Patient Versus Nervous Person Frustrations, Emergencies and Beliefs; External and Internal Environment |      |
| #0022 | Feelings Are Not Facts; Frustration and Disappointment; Convictions and the Setback  |      |
| #0023 | A Sense of Humor Instead of Self-Blame; Total View and Partial View; The Purpose of Life is to Maintain Peace                                |      |
| #0024 | Leadership and Muscles; Perfectionism Versus Human Limitations; The Patient and the Physician Form an Intimate Group                         |      |
| #0025 | Life Consists of Trivialities; Temper, Temperament and Self Blame; Exceptionality and Control of Impulses                                    |      |
| #0026 | Fear, Chance and Will; Outer Expressions and Inner Experiences, Exceptionality and Inner Experience  |      |
| #0027 | Frustration and the Nervous Patient; Helplessness and Hopelessness; Inner Responses and Outer Reactions                                      |      |
| #0028 | Vanity Is Not Pride; Surface Thinking Versus Spotting; The Difference Between Nervous Persons and Nervous Patients                           |      |
| #0029 | Frustrations, Training and Habits; Quick Comfort Versus Long-Range Relaxation; Balanced Habits   |      |
| #0030 | Stepping In and Taking Over; Self-Management Versus the Setback; The Casualties of Temper  |      |
| #0031 | Group-Importance Versus Self-Importance; Interpretations and Conclusions; Panics, Trivialities and Fear                                      |      |
| #0032 | Group-Mindedness and Self-Mindedness; Duality in Life and the Unifying Principle; Wants and Needs  |      |
| #0033 | The Inner Smile; Expectations and Disappointments; Frustrations and Self-Distrust  |      |
| #0034 | Practicing Between Symptoms; Cooperating with the Physician; Spotting Deeply-Seated Habits   |      |
| #0035 | Muscles, Preoccupation and Routine; Symptoms Interfere With Plans  |      |
| #0036 | There Is No Hopeless Case (Parts 1 & 2)  |      |
| #0037 | The Fear of Life Ebbing Away (Parts 1 & 2)   |      |
| #0038 | The Fear of Heart Disease (Parts 1 & 2)  |      |
| #0039 | The Obsession of Being Contaminated (Parts 1 & 2)  |      |
| #0040 | The Obsessive Fear of Dirt and Germs (Parts 1 & 2)   |      |
| #0041 | Expect the Setback and Spot Extremes (Parts 1 & 2)   |      |
| #0042 | Routine Versus Emergency; Impulses, Self-Blame and Fate  |      |
| #0043 | Fear Can Create a Psychological Disorder (Parts 1 & 2)   |      |
|       | <b>Total Number of CDs</b>   |      |