**Thursday, April 10, 2014 @6:30pm**

***LIGHT MEAL INCLUDED ~ FULL HEALTHY MEAL AVAILABLE FOR $6 EXTRA***

**HOW ANGER HURTS YOUR HEART**

## cooltext473060302.jpg

## Yellers, ragers, and door slammers beware ~ frequent high levels of anger have now been linked to heart disease.

Anger comes from our subconscious mind. It is an automatic response. Even if we chose not to react externally, we often cannot help feeling furious internally. The internal focus on feeling negative is harmful. Therefore, we need to choose to feel internally immune to anger. For this, we can use self-hypnosis and Therapeutic Meditation.

* LEARN THERAPEUTIC MEDITATION
* LEARN SELF-HYPNOSIS
* ELIMINATE YEARS OF ACCUMULATED STRESS IN ONLY 10 MINUTES
* TEACH YOUR BRAIN TO REACT DIFFERENTLY TO STRESSORS
* BUILD AN IMMUNITY TO ***ANGER*** IN YOUR BRAIN.



**$ 20**

**$ 20**

This event sponsored by *The Healing Support Network* . For more information – call 313-8067819

**Cranbrook Centre Apts. [Community room] – 18333 South Drive - Southfield Mich.**

**Turn west off Southfield Rd. just south of 13 Mile Rd. South Drive is next to McDonalds. Addnl parking behind convenience store on corner. (313) 804-6752~ (888) 558-7117**