

WY9YW

L999 - I'M VERY GLAD YOU ENJOYED MY POEM. THIS IS MY ESCAPE AND I WRITE FROM THE HEART. THERE ARE SEVERAL WAYS TO REDUCE YOUR ANGER. DEEP BREATHING, PLEASANT IMAGERY, AND COUNTING BACKWARDS. THEY ARE THE MAIN THREE. AS FAR AS ONE, TWO AND THREE THAT WAS FOR THE RHYME. THANK YOU FOR YOUR ENCOURAGING COMMENT. I'VE FINISHED THE EIGHT WEEK COURSE AND IT WAS VERY INFORMATIVE. ANGER AGGRESSION TRAINING.

Payne 1/10/12