

JOHN LEE bestselling author of *The Flying Boy: Healing the Wounded Man*, has written 26 books, including his latest release, *Odd One Out: Radical Revelations on Relationships, Self-Help and Personal Growth*.

Lee's highly innovative work in the fields of emotional intelligence, anger management, and emotional regression has made him an in-demand consultant, teacher, trainer, coach, and speaker. His contributions in the fields of recovery, relationships, men's issues, spirituality, and creativity have put him in the national spotlight for over 30 years.

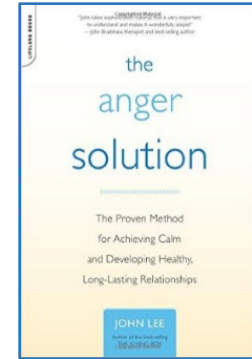
Lee has been featured on Oprah, 20/20, Barbara Walter's *The View*, Dr. Oz, CNN, PBS, and NPR. He has been interviewed by *Newsweek*, *The New York Times*, *The Los Angeles Times*, and dozens of other national and international magazines and radio talk shows and podcasts.

He has consulted and train prestigious institutions in the clinical environment including The Betty Ford Clinic, Guy's Hospital (London, England), The Cleveland Clinic, The New York Open Center, The Hanley Center, South Pacific Private Hospital (Sydney, Australia), and Mountain Area Health and Education Center (North Carolina), among others. His work in recovery, co-dependency, and adult children has positioned him as a leader in the field of addiction.

His lectures have been branded as "hilariously entertaining, deeply compassionate, yet filled with 'tell it like it is!'"



**JOHN LEE
BOOKS &
SEMINARS**



The material in this presentation is found in John Lee's book,
the anger solution

What anger looks & feels like

Anger is just a feeling (neither negative nor positive), and if expressed appropriately, will not hurt anyone

Anger takes moments or minutes at most

Anger is "here" and "now"

Anger is a response

Anger draws people to you

Anger shows appreciation

Anger expressed appropriately equals respect

Anger engages conflict

What rage looks & feels like

Rage is a behavior or action designed to numb out feelings such as sadness, fear, and even anger - it usually causes pain to the one raging or the one receiving the rage

Rage takes forever to express and never gets resolved

Rage is about "there" and "then"

Rage is a reaction

Rage pushes people away

Rage is contagious

Rage equals disrespect.

Rage runs from conflict

The difference between being:

<i>Outraged</i>	<i>Enraged</i>
Slamming doors	Sulking
Throwing things	Stuffing
Cursing	Seething
Pushing	Stewing
Shoving	
Hitting	

The 4 Styles of Rage

The Interrogator: Fires lightning-fast questions

The Intimidator: Full of "sound & fury"

The Martyr: Poor Me

The Distancer: Runs for cover

9 things people do when they think they're expressing anger (soft rage)

1. Shaming
2. Blaming
3. Demeaning
4. Demoralizing
5. Criticizing
6. Preaching
7. Teaching
8. Judging
9. Analyzing

Passive/Aggressive Rage

- Sarcasm
- Jokes
- Put downs
- One-upmanship
- Sabotage
- Control
- Manipulation
- Lies
- Gossip

EMOTIONAL REGRESSION

Defining Emotional Regression

- A return to past history
- Feeling less than the powerful adult one is normally
- Feeling small or little
- "I lost it!"

Preconditions of Regression

- Exhaustion
- Hunger
- Excessive loneliness or isolation
- Illness
- Stress

Causes of Regression

- Too much of some things (noise, criticism, attention, etc.)
- Too little of some things
- Certain looks, sounds, body language, tone of voice, and words
- Over- or under-stimulation
- Over- or under-reaction

5 Things to Bring One Out of Regression

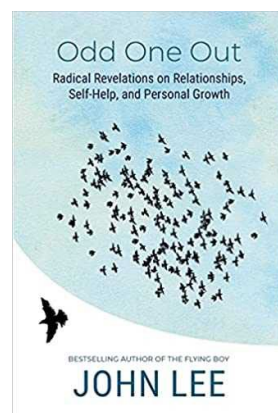
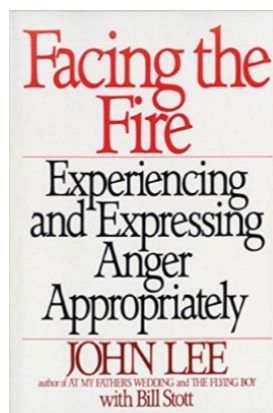
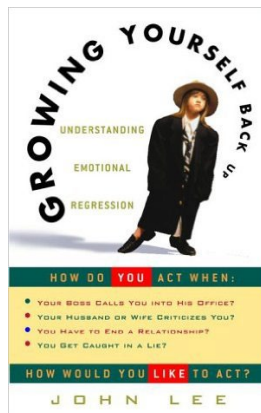
1. Attention
2. Empathy
3. Time
4. Contact
5. Release

Red Flags of Regression

- Stories in the mind
- Raging and hysterics
- Distorted or unreal time
- Physical symptoms:
 - Cold hands or feet
 - Perspiring excessively
 - Lump in the throat
 - Knot in the stomach
 - Dry mouth
 - Heart beating wildly
- Talking without really saying anything
- Not talking enough
- Feeling like there is no choice
- Thinking "I always know best"
- Feeling like "I can't or shouldn't ask for help"

"One can become angry; that is easy. But to be angry with the right person, to the right degree, at the right time and for the right purpose... that is not easy." Aristotle

"John takes very sophisticated material that is very important to understand and makes it wonderfully simple!" John Bradshaw



After participating in one of John's presentations, some are ready to go deeper. The 2-day Intensive allows for deeper exploration of issues with a lot of time devoted to solutions – something the traditional 50-minute session cannot provide.

To schedule a session, 2-day Intensive in Austin, TX, or to bring JOHN LEE to your treatment facility, community group, or place of worship:

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