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Manage Your Fears Manage Your Anger Chapters on CD

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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; Intellectual Validity & Romantic Vitality; Self-Blame, Exceptionality & Averageness	
#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)	
	Total Number of CDs	