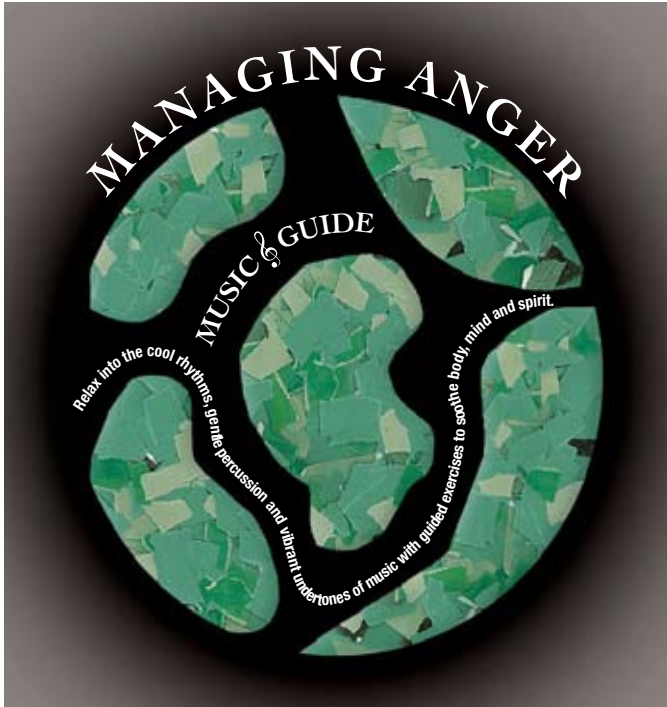


Managing Anger

Music and Guided Exercises



1. Rationale: Deep Breathing 1:15
2. Deep Breathing 5:39
3. Rationale: Body Scan 1:12
4. Body Scan 6:24
5. Rationale: Left Activation 1:15
6. Left Activation 4:00
7. Rationale: PMR 1:43
8. PMR 8:55
9. Rationale: Visualization 0:52
10. Visualization 4:20
11. Deep Breathing (Instrumental) 5:39
12. Body Scan (Instrumental) 6:24
13. Left Activation (Instrumental) 4:00
14. PMR (Instrumental) 8:55
15. Visualization (Instrumental) 4:20

TOTAL RUNNING TIME: 65 MINUTES

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