



ANGERBUSTERS

The Center For Anger Resolution

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THE POWER OF TOUCH

I have a very narrow specialty. I work with angry, impulsive, aggressive, sarcastic, controlling men who either have gotten thrown out of their house or are about to. They also have one redeeming characteristic, "I want my wife back! I don't want a divorce! I will do anything to keep from losing my family."

In previous newsletters I have discussed the first one or two sessions where the emphasis is on learning to: (1.) Shut up and get out when angry; (2.) Talk sweetly; and (3.) Talk s - o - f - t - l - y.

The next assignment for you angry men if you are still in the house and don't have a restraining order is:

Week 1 - Brush her back or arm with your hand every time you pass each other in the kitchen where YOU will be cooking dinner and washing dishes. Nothing more! Don't push your luck and if she tells you knock it off, stop it. If she asks you why, then tell her you love her. If she accuses you of trying to seduce her, then reassure her you are not. (No smile!)

Week 2 - Try sitting close enough to touch. If she accepts it, continue, but don't push your luck. If she tells you to knock it off, then stop. If she asks you why you are sitting so close, then tell her, "I want to be close to you." If she asks you why you haven't done that before now, then tell her, "I was a jerk. I should have been."

Week 3 - Never let a parting or greeting pass without a peck on the cheek, no full body hugging and no lip kissing!

Then comes the question from you men, "What about sex, when do I get sex?" My answer is: "You can forget it for the next 90 days! Your goal is to stay out of divorce court. We will worry about that later when it is on HER time table!" If the comfort level is low for either of you, you would do well to proceed slowly and delicately.

"Research findings imply that physical contact is almost like a drug; when our spouse touches us, we experience a mild high, we feel less frazzled, and we observe a diminution of discomfort and distress." (pgs. 46 - 48) The Myths of Happiness by Sonja Lyubomirsky, 2013)

Men's Anger Management Program Houston

The Center for Anger Resolution, Inc. offers a Men's Anger Management Program in Houston for the angry man. The man's partner is encouraged to attend every other week to evaluate progress and to set goals. For men who want to be in recovery from angry and abusive behavior, it is strongly suggested that some of the work be done with the partner present. The partner would serve in the role of consultant to help the man and I do the work we need to do. Call 713.526.6650 or email newton@angerbusters.com

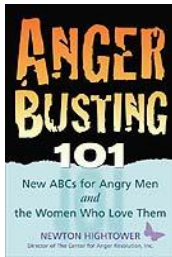


Weekend Intensive Anger Management Program Outside of Houston

The Center for Anger Resolution, Inc. offers a number of Weekend Intensives throughout the year that are tailored to the specific recovery needs of each man and his partner. The partner would serve in the role of a consultant to help the man and me do the work we need to do. I (Newton) would be the therapist the entire weekend with just you and your partner. This is not a group session. There will not be other couples present. It will be just the three of us.

For More Information Click [HERE!](#)

Anger Busting 101: New ABC's For Angry Men and The Women Who Love Them



In this ground breaking book, Newton Hightower explains how he was once a rageaholic, tried meditation, pillow-pounding and other methods to release his anger to no avail. He kept thinking he could gain control and change his behavior. Through his own experience with rage, and the consequences of being fired and becoming depressed, he developed this revolutionary way to recover from anger. And now he shares his methods with you to free you from the chains of rage and destruction.

Bulk Discounts Available - Click [HERE](#) for more information!

Certified Anger Resolution Therapist - Home Study

Too busy to make it to a workshop?

Become a Certified Anger Resolution Therapist in the comfort of your own home on your time-clock. After completion you can...

- Use the CART credential after your name.
- Receive 15 CEUs and a CART certificate you can display in your office.
- Expand in a market niche for managed care or fee-for-service clients.
- Obtain certification that shows your competence in working with rageful men, women, and children.
- Acquire a powerful credential that shows your dedicated advancement in your career.

Click [HERE](#) to Order

Live Certification Seminar The Houston Live Seminar

When: Friday, November 8 and Saturday, November 9, 2013

Where: The DoubleTree Suites in the Galleria

**To register and reserve your spot call
1-877-NO-ANGER (662-6437) Limited Seating**

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