From Addiction to Recovery

**Drug and Alcohol Prevention DVD Series for Teens**
Features poignant, hard-hitting testimonials from teens in recovery. Debunks myths and presents important pharmacological facts. 10 to 20 minutes each. **$149.00 each unless otherwise specified. SPECIAL: $1,095.00 for series.**
- Club Drugs: Nothing to Rave About
- Cocaine/Crack: Journals From the Inside
- Inhalants: Danger! Toxic Chemicals
- Overcast: Heroin Prevention
- Marijuana: Reality Check
- Nicotine: SmokeFreeTV
- Alcohol: Everyone’s Not Doing It
- Methamphetamine
- Prescription Drug Abuse

**Relapse Prevention Skills**
Based on Alan Marlatt’s evidence-based protocols, this updated program demonstrates successful ways of addressing the common critical risk factors affecting relapse. Includes a CD-ROM with reproducible content, allowing clinicians to customize a program based on a client’s unique critical risk factors profile. 23 minutes. **2010. $99.00**

**Complete Relapse Prevention Skills Program**
This two-part learning program requires very little time to get it up and running. It’s also compatible with a variety of treatment models and clinical settings. **Part I** establishes a proactive plan for addressing these inevitable situations: Identifying Your High-Risk Factors DVD, Coping with Emotional and Physical High-Risk Factors DVD, Coping with Personal and Social High-Risk Factors DVD, and The Relapse Prevention Clinician’s Guide. **Part II** helps clients meet high-risk situations successfully by recognizing their own personal strengths and building a network of support: Your Circle of Support DVD, Finding Your Strengths DVD, Relapse and HIV Risk DVD, and The Relapse Prevention Clinician’s Guide. **Part II** contains: five curricula, packaged in 3-ring binders, an 83-minute program (a $1,555.00 value) and a 170-page Counselor’s Guide. **$1,895.00**

**Breaking the Chains of Addiction: Using Science to Aid Recovery**
Filmed at Richland Correctional Facility in Ohio, Dr. Cardwell Nuckols shares with inmates the science of how to overcome addiction and improve 80-90% of their life. With numerous revealing video clips and illustrations of the effects of drugs and alcohol on animals and humans, he explores the difference between addicts and non-addicts and explains what research proves you should and can do to recover. This four-part series helps individuals understand addiction, learn to manage cravings, discover their real self, connect on a human and spiritual level, and become a better parent. 30 to 39 minutes each. **$550.00 for complete series.**
- A Brain Disease
- Managing a Craving
- Telling Your Story
- Getting Connected

**ORDERS: 1.800.361.1055 or www.impactpublications.com**
Managing Anger & Rage

Anger, Rage, and Recovery Kit
Anger and rage are often part of larger co-occurring disorders, such as substance abuse and mental illness. With some effort, they can be managed to tolerable levels. However, like any addiction, recovery is often difficult and relapse is a frequent fact of life. This unique kit pulls together some of the best resources for dealing with anger and rage as well as the complicating issues of long-term recovery and possible relapse. Can purchase separately.

**SPECIAL**: $833.00 for complete kit of 22 books and 5 DVDs.

**BOOKS**
- Anger and Conflict in the Workplace ($15.95)
- The Anger Control Workbook ($21.95)
- Anger Management Sourcebook ($18.95)
- Anger-Free ($12.95)
- Angry All the Time ($16.95)
- Angry Men ($14.95)
- Angry Women ($14.95)
- Beyond Anger: A Guide for Men ($14.95)
- Cage Your Rage for Teens Workbook ($15.00)
- Cage Your Rage for Women ($20.00)
- Cage Your Rage Workbook: An Inmate’s Guide to Anger Control ($20.00)
- Controlling People ($14.95)
- Forgiveness ($13.95)
- Letting Go of Anger ($16.95)
- Managing Teen Anger & Violence ($19.95)
- Pathways to Peace Anger Management Workbook ($29.95)
- Rage ($16.95)
- Responding to Anger: A Workbook ($14.95)
- Stop the Anger Now ($21.95)
- Transforming Anger ($15.95)
- Violent No More ($17.95)
- You Can’t Say That to Me! ($18.95)

**DVDs**
- Best 10 Tips for Controlling Anger ($98.00)
- Beyond Anger ($149.00)
- C.A.G.E. the Rage ($99.95)
- How to Handle Conflict and Confrontation ($99.00)
- Niagara Falls Metaphor: Anger, Drugs, and Relapse ($69.95)

Managing Teen Anger and Violence
William Fleeman
Filled with personal stories and vignettes, the book helps teens identify anger as a problem, recognize how they use anger like a drug, find non-violent ways to experience personal power, learn to change abusive and violent behavior, focus on values and goals that support a non-violent lifestyle, identify and change attitudes and beliefs that keep them stuck, avoid relapse into violent behavior, and develop a mission statement for a non-violent lifestyle. 230 pages. 2008. $19.95

Angry Men and Women
Lynne McClure, Ph.D.
Showing how anger differs with men and women, these two books (Angry Men and Angry Women) offer advice on how men and women can deal with other people’s anger as well as manage their own anger. Books include real-life cases, questions, and practical skills. 2004. $14.95 each, or $28.95 for both.

Anger and Conflict in the Workplace
Lynne McClure, Ph.D.
This bestselling guide identifies the hidden signs of anger and conflict, as well as outlines key skills for creating a more productive workplace. Reveals eight types of anger found in many workplaces. Examines each type in reference to seven skills both managers and employees need in order to manage anger and conflict. 166 pages. 2000. ISBN 1-57023-138-0. $15.95. **SPECIAL**: 20% discount on 10+ copies.

Cage Your Rage for Teens Workbook
Murray C. Cullen and Joan Wright
Helps juveniles better understand and deal with anger by recording their feelings and actions. Chapters discuss what causes anger, growing up with anger, how emotions develop, relaxation, and managing anger. Also deals with calming others, compromise, staging and signposting, self-talk, and feeling and action controls. 100 pages. 1996. $15.00. **SPECIAL**: 10 copies for $139.95.

Cage Your Rage Workbook
(English or Spanish)
Murray C. Cullen, Ph.D.
This self-study workbook is designed to help offenders who have difficulty dealing with anger. Examines what anger is, explains its causes, and offers ways to manage it. 94 pages. Available in English and Spanish editions (please specify for Spanish). $20.00. **SPECIAL**: 10 copies for $179.95.

Pulling Punches: A Curriculum for Rage Management
This highly acclaimed three-part anger management DVD series shows how to better manage anger and make long-term behavioral changes. Includes crucial skills for avoiding relapse—35 minutes per DVD. Includes Counselor’s Guide with reproducible worksheets. **$495.00**

Manhood and Violence: Fatal Peril
Looks at reentry and the issue of male violence. Nine men participate in an intensive four-month violence prevention project where the re-arrest rate dropped by 80 percent. 58 minutes. 2003. **$149.95**

Beyond Anger: Connecting With Self and Others
Helps individuals let go of the past and prepare for a productive future. Defines anger, explains how it is learned early in life, and describes how cycles of anger develop when a person continues to express anger in unhealthy ways. The four parts focus on: Anger, Healing Repressed Anger, Forgiveness, and Reconciliation. 50 minutes. **$149.00.** Program also available with a facilitator’s guide ($59.95) and reproducible worksheets ($34.95). **SPECIAL**: Complete instructional curriculum for $225.00.

Cage Your Rage for Juveniles Video Program
Murray Cullen and Ronald R. Cullen
Helps juvenile offenders identify and control anger and rage. Part One helps juveniles examine themselves and the roots of their anger. Part Two helps them understand how their anger turns into rage and leads to aggressive behavior. Part Three helps them analyze situations and develop appropriate responses to anger by using self-talk. Part Four offers anger management alternatives. Includes three videos (52 minutes and in VHS format only), comprehensive leader’s guide, and workbook. (Cage Your Rage for Teens Workbook $265.00, Workbook available for $15.00 each).

Cage Your Rage DVD Program
Murray Cullen and Ronald R. Cullen
The program facilitates discussion about managing volatile emotions. Includes dramatized scenes to stimulate discussion and demonstrate anger management techniques. Inmates discuss their own methods of managing anger. This training package consists of one participant workbook, a leader’s guide, and one DVD. 75 minutes. **$475.00.** Additional Cage Your Rage Workbooks available in English or Spanish for $20.00 each.

Anger
Makes a clear distinction between anger and violence. Explains a continuum of beliefs, emotions, and behaviors that often escalate to stress, anger, rage, and ultimately violence. Discusses how to reduce one’s emotional level of anger after identifying the fears that drive anger. 38 minutes. **$200.00**

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