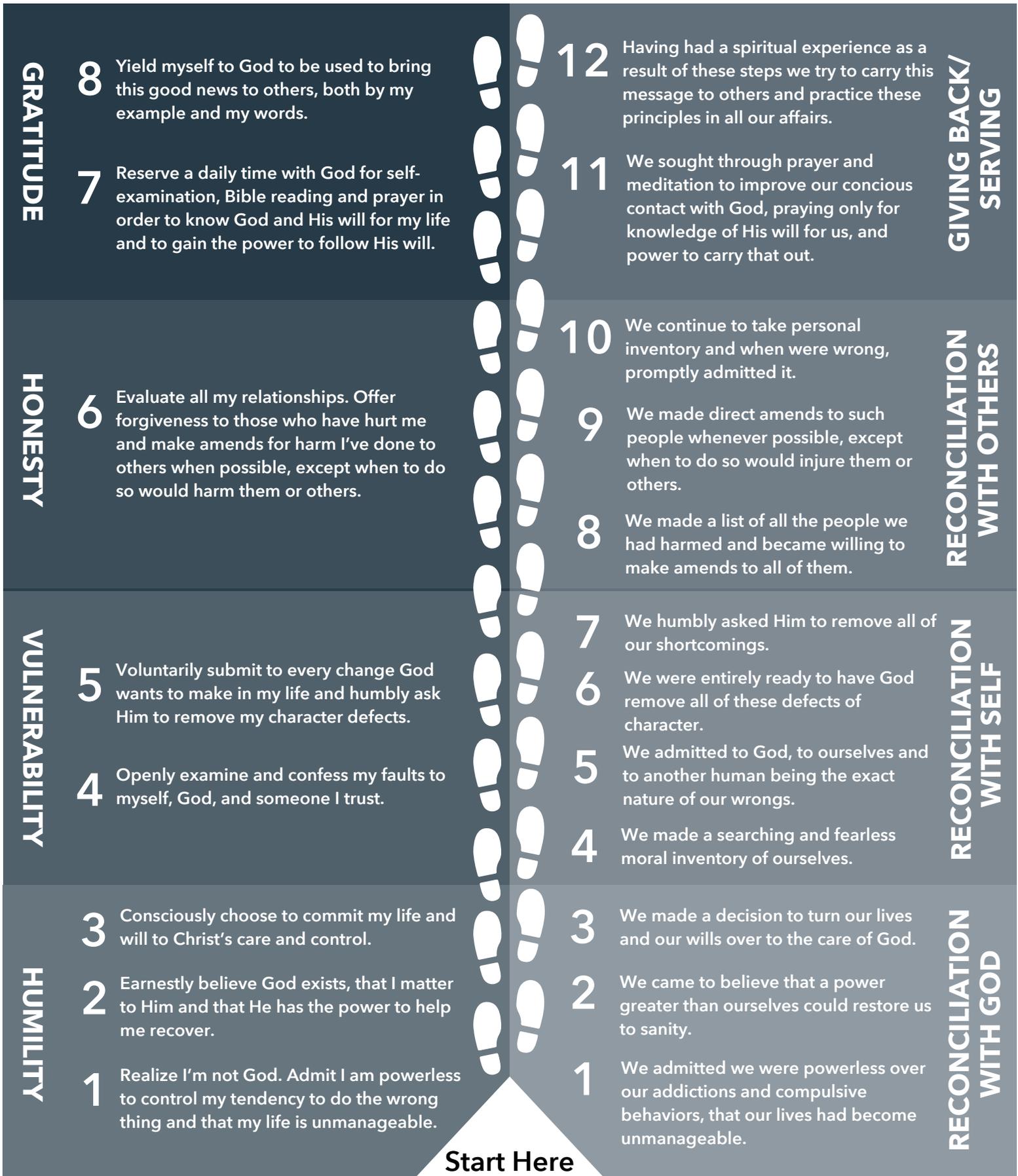


8 Principals: Why it Works

12 Steps: How it Works



How and why it is so successful for people who struggle with anger, anxiety, depression, grief, resentment, low self-worth, abusive relationships, substance abuse and many other behavioral issues arising from pain, and past hurts.