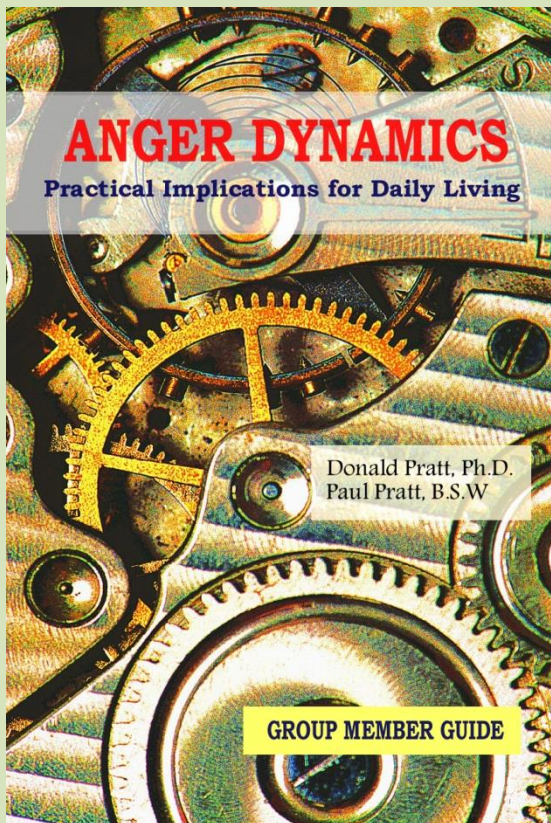




NEW FIT ANGER DYNAMICS COURSE SUCCESSFUL AT CHRISTIAN HIGH SCHOOL



Shown here are the high school graduates of the new FIT Anger Dynamics course recently offered at the Ave Maria Preparatory School in Myakka City, FL. Bill Hassett (back row) was facilitator. Sisters Catherine Ekwe (left) and MaryHope Riemenscheider (next in line) provided school support. Sr. MaryHope is also a FIT facilitator. The new course proved to be successful in addressing the common anger issues that are so much a part of daily living. It is hoped that these students will now be better equipped to develop to handle the day-to-day stresses that face them – both now and in the future. We trust and pray that other Christian schools will see the value of this course and adopt it as part of their curricula.

Bill Hassett is now planning to use the course with the youth group in the church he attends.

PRE-PUBLICATION DISCOUNT NOW AVAILABLE FOR NEW FIT ANGER DYNAMICS COURSE

Pre-order the **Anger Dynamics** facilitator or group member guides and get a 10 percent discount by paying online before July 1. July 1 is the release date for the books. To order, go to our web page at www.100hour.org and click on “New Course/Discount Available” in the top, left corner. Follow the directions on that page. Orders will be mailed by July 1.

MORE ABOUT THE NEW COURSE

The **Anger Dynamics** book is used in the FIT course of the same name and was written by Donald Pratt, Ph.D. and Paul Pratt, B.S.W. It is formatted for small groups for maximum interaction. It is written at the most basic level with frequent mention of examples that the indigent or incarcerated face. It is a blend of best educational theory and practice, social science practice, and Christian practical application. This book has been field-tested and found effective in a high school class, a teens Sunday School class, and FIT classes for parents using the class as a show of good faith to regain custody of their children.

More about the New Course Continued... The facilitator guide has the same page-per-page format as the group member guide but contains additional important information to guide the facilitator in leading the class. It has general suggestions, comments and guidance on specific group activities, and answers to each lesson test.

The book draws heavily on guidance from the Bible regarding anger. It also incorporates Dr. Pratt's own research in the social science fields of locus of control and attribution theory as well as his years of experience of working with society's subculture, prisoners, prostitutes, and addicted. Paul Pratt's social work training and personal experience are also significant factors.

Anger Dynamics is perfect for use in a wide variety of settings. It is perfect for working with those in recovery as well as use as a strong and effective course in Christian schools. It provides a needed component in preparing the future generation for handling life skills in the contemporary world. Even better, the entire FIT curriculum can be used to provide a quality and meaningful year-long core requirement.

9 Lessons. 69 Pages. Enough material for 18 hours of small group interaction.

Features	Session Topics
<ul style="list-style-type: none"> • Discussion Questions and Exercises • Sample Scenarios • Topics Like "The Blame Game-Somebody Made Me Do It" • Short True and False Tests • 8th Grade Reading Level • Relevant Examples from Real Life • Participants Learn to Solve Their Own Problems 	<ul style="list-style-type: none"> • What is Anger? • Whose Anger is it Anyway? • How to Approach Anger • Settling Differences Peacefully • Strategies that Reduce Stress • Biblical Insights • Finding your Voice • Living with Peaceful Character • Helping Others

NEWS BRIEFS

Course Graduations. As of May 25, there have been 6,521 course certificates issued since March 13, 2008. This represents 103,228 contact hours in a group setting or, occasionally, on a one-on-one basis.

FIT at Salvation Army. Three courses have been planned to be facilitated at the Bradenton, FL Salvation Army. They are Dating and Marriage, Insight, and Financial Success from Scratch. The courses are being offered to indigents who come to the Salvation Army for help or for men and women in the residential program. The Dating and Marriage and Insight courses have already started.

Tips on Ordering Course Certificates. Certificates are to be ordered online through the "Members" section on the far right of the menu ribbon. Order one to two weeks prior to the last class to allow sufficient time for processing and delivery. Use first name, middle initial, and last name. Make sure the names are spelled correctly. Include Florida Department of Corrections inmate numbers if applicable.