



12

Self-Improvement Series

Self-Esteem Building
Winning Co-dependency
Building Healthy Realationships
Social Intelligence
Addictive Thinking & Behaviors
Beat the **** Out of Stress
The Real Deal about Relapse
Change Management
Emotional Strength & Balance
Money Management
Effective Decision-Making
Goal-Setting for Success

12 WEEKS

LEARNING

SUCCESS

818.314.6441