

's Toolbox

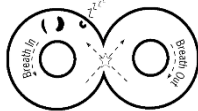
Blue Zone Tools



Green Zone Tools

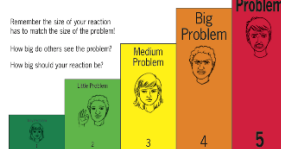


Lazy 8 Breathing



The ZONES of Anger™ - Friends like me

Size of the Problem



Yellow Zone Tools



Keep it up!
Is what I am doing 'good for me, good for you, good for everyone?'

Red Zone Tools



The Six Sides of Breathing

