

Taming Anger: Twelve Steps Toward Freedom **Tues., July 17 at 6:30 p.m. ♦ Main Library**

For many people anger acts like a drug that energizes, numbs, and possesses them. Psychologist Dennis Ortman views anger as an addiction and utilizes the time-tested Twelve Steps of Alcoholics Anonymous to assist clients to find healing and growth. In this presentation, he will explain how the Steps offer practical wisdom for using the natural energy of anger wisely and well. The Steps can provide guidance for personal journeys through hostile moods, so that people can discover their true selves and release the power within themselves. **R**

R = Registration is required. *Two weeks prior for residents. One week prior for non-residents.*