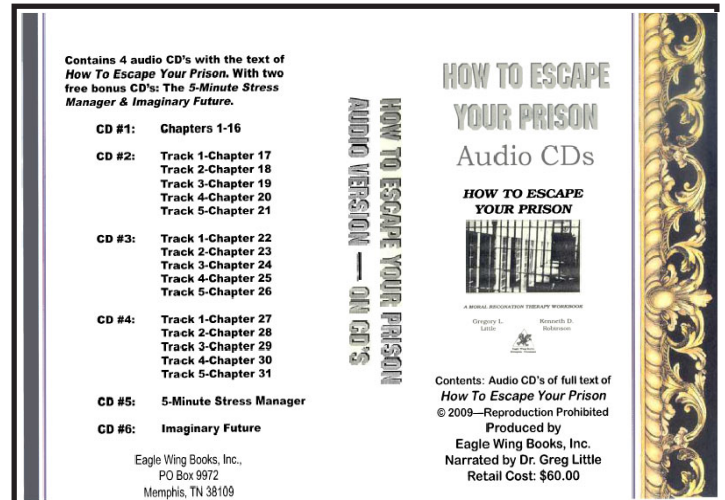


How To Escape Your Prison



Audio Versions Now Available

The newest revised version of the MRT workbook, *How To Escape Your Prison*, is now available in audio for clients who need assistance with reading. It is available in either CD format or on cassette tapes. The book is narrated by Dr. Greg Little and contains the full text as well as the exercises.



The CD version contains 4 CD's with all of the chapters containing MRT steps as separate tracks. The CD box also has as a FREE bonus, two CDs containing the *5-Minute Stress Manager* and *Imaginary Future*. The cassette tape version of the book is contained on three tapes. The CD set (including the free bonus) or the cassette tape set are \$60.00. Call 901-360-1564 to order or use the order form on page 19.