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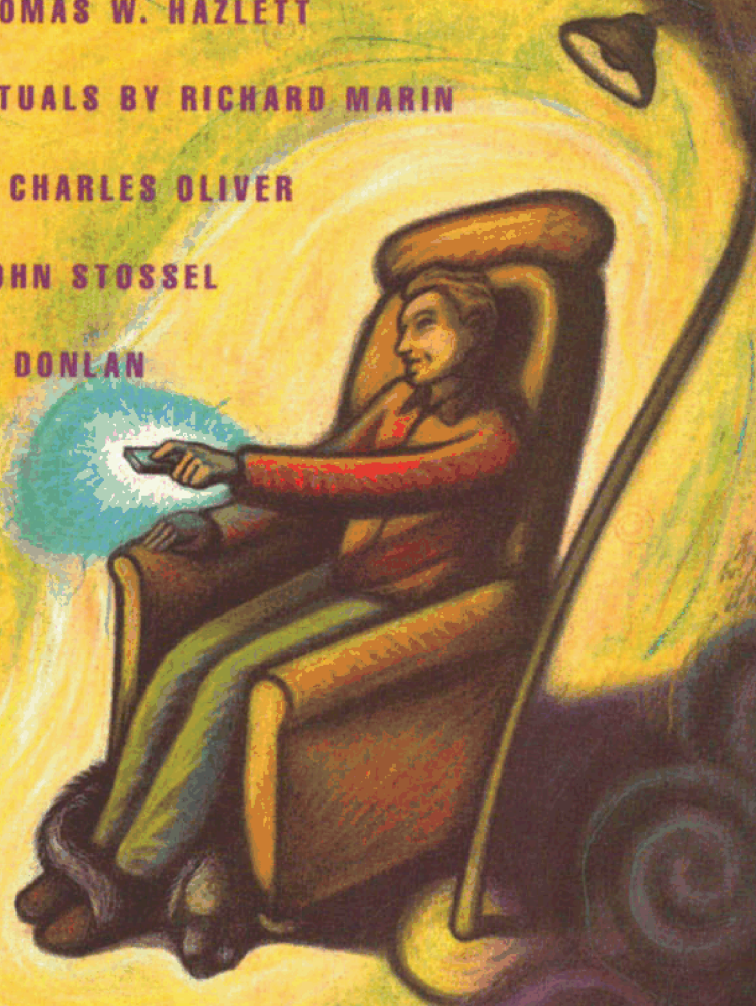
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vocabulary, as well as improve your reading, writing, and speaking. Additionally, you'll learn special techniques that will help you to remember and use the new words correctly.

Course consists of 5 cassettes, 48-page workbook, and a set of recall cards containing pronunciation keys and brief definitions. Order #S01975. \$59.95.

Learn to Improve Your Speech

Accept compliments on your beautiful speaking voice after learning from this course, designed to correct the most common causes of unpleasant American speech. Professional speech tutor Phyllis Rooder-Weiss shows you how to diagnose your speech to pinpoint those elements that need improvement.

At a fraction of the cost of private lessons, you will learn how to:

- Correct nasality and build resonance
- Project your voice properly to be heard
- Achieve clear and distinct delivery of words
- Eliminate local accents and pronounce words correctly
- Overcome mannerisms distracting to oral expression
- Achieve pleasing pitch

The program includes 3 cassettes and accompanying manual. Order #S23720, \$39.50.



Learn How to Relax

The ability to relax is not something we're born with; instead it's a skill that must be learned. This program, by noted psychologist Arnold Lazarus, will teach you all the six critical stress-reduction exercises necessary to achieve both physical and mental relaxation. The series of progressive exercises on three audio cassettes provides a direct method for overcoming tensions and anxieties. Order #S05006, \$34.50.

Learn the Power of Self-Esteem

Time after time, studies of groups of successful people have shown that high self-esteem is the one factor common to all those who have made a success of their lives and their relationships with others. This audio-cassette program was created to teach you how to achieve a fuller, happier, and more successful life.

Created by Dr. Nathaniel Branden, a world-renowned psychologist, this program teaches you how to develop elements of healthy self-esteem: self-awareness, self-acceptance, self-responsibility, and self-assertion. Learn how higher self-esteem can energize your creativity and enhance your effectiveness in relationships, and discover how to nurture self-esteem in your children and other loved ones. 9 hrs. on 6 cassettes in vinyl album. Order #S00858, \$49.50.



Learn to Cope with Tensions and Anxieties

When was the last time you flew off the handle or overreacted to a minor incident? Or were tense and upset when you wanted to be calm and collected? With this program you can learn to cope with stress and avoid these all-too-human responses to the pressures of daily life.

Dr. Arnold Lazarus, former Director of Clinical Training, Yale University, and now Professor of Psychology at Rutgers University, has developed this program to provide you with specific proven methods of coping. He will teach you a set of rational techniques for dealing with emotional disruption and situations that drain your energies, diminish your perception of self-worth, and lessen your control.

3 cassettes in vinyl alb
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This program can be especially valuable when used in conjunction with the author's relaxation exercise tapes described below.

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