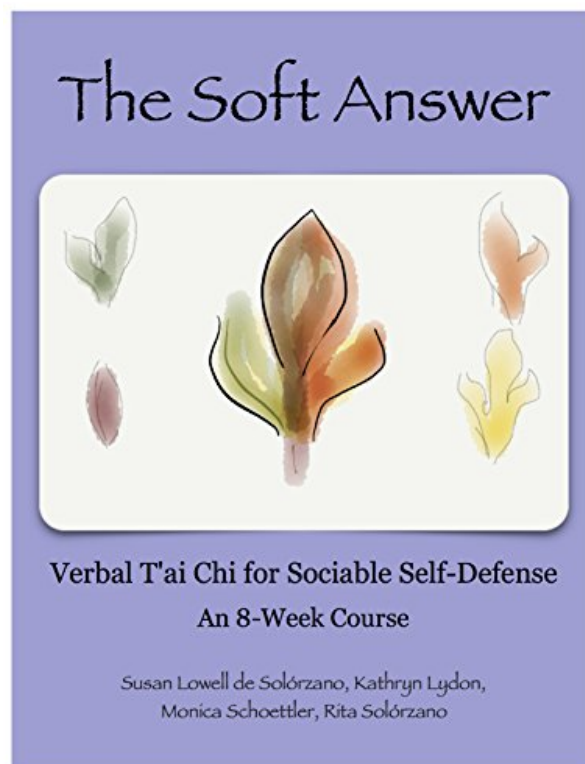


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Virtually everyone has been on the receiving end of verbal aggression. It may be in the form of an outright criticism, a backhanded compliment, a manipulative remark, or a socially awkward attempt at connecting. It may come at us from out of the blue or bubble up in the middle of a conversation or argument with coworkers, family, friends or even strangers. Regardless of where it comes from, it can leave us feeling frustrated, angry, hurt or speechless. What can we do in the face of this?

With decades of collective experience in education, Tai Chi, communication, business and of course, the ins and outs of interpersonal, family and community dynamics, sisters and sisters-in-law, Kat, Monica, Rita and Susan, have written *The Soft Answer: Verbal Tai Chi for sociable self-defense*. This self-paced course provides you with techniques and strategies to handle these uncomfortable encounters and to restore balance by disempowering social and verbal aggression. It can teach you to find a third option, to pay attention, to start fresh. It can help you to recognize the systems that we get embroiled in that bring the drama into our lives. It can illuminate the pitfalls and show ways to change dysfunctional dynamics. Most importantly it can bring you back to the peace and comfort of the home that is you. We welcome you to give it a try.

"Bravo! Brava! Bravi! What an amazing course! You have done an excellent job of pulling together a lot of information—much of which was new to me. And then, to make it cohesive and useful in such a creative, encouraging way is positively brilliant. The T'ai Chi spirit infuses every aspect of it." ~EW, an artist in Washington, DC

"...a great and important undertaking...where was this info 30 years ago?!! I might have saved me a lot of mental anguish, "stewing" and possibly suffering. I think HR departments all over the place will be interested. Companies pay tons of money to keep people calm and productive in the work place." ~ KF, an entrepreneur in CA

"Something that's really needed in today's world." ~ MKS, great-grandmother in Washington, DC

"You did an outstanding job with this course! I love it! It is well written, comprehensive, and true to its purpose. It has a fabulous compassionate voice and really brings out the true spirit of tai chi." ~ KP

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