

## What do an **Abusive** Boss, a **Hostile** Neighbor, and an **Upset** Spouse have in common?

*They're out of control and coming after you.*

The next time someone blows up at you, you can take off, fight back, or . . . *Stay CALM!* Whether you see a verbal attack coming or it explodes out of nowhere, you no longer have to lose your cool or clam up. You can keep your choices—and your dignity—intact!

### *The Alternative to Fight or Flight*

*Stay CALM* is the easy and effective high road to resolving conflict. In three quick steps you'll move from *victim* of attack to *guide* for the attacker. That's right, you earn the right to choose an outcome everyone—especially you—can live with, peacefully! Author Jon Forrest has transformed the three principles of the powerful martial art of Aikido—**blend** with, **neutralize**, and **guide** your attacker—into this proven, win-win approach to verbal conflict resolution.



This book  
contains  
Flip Art™.

*In easy-to-digest portions you'll learn to:*

- Keep your power—and your choices—by staying in control in any conflict
- Deepen your insight into personality types and behavior styles
- Blend with the energy of any attacker
- Neutralize the force of any attack
- Guide attackers into mutually-beneficial results



Author **Jon Forrest** is a specialist in Effective Communication and Relationship Management with a lifetime of study and training in the field of human behavior and transformational technology. He is also a black belt in Aikido. The *Stay CALM*™ series covers the gamut of common human conflict situations, including the workplace, intimate relationships, organizations, and more. Jon makes his home in Southern California.

Ongoing Support and Complete Training  
Packages available at [www.verbalaikido.com](http://www.verbalaikido.com)



Stay  
CALM

Forrest

# Stay CALM



**3** Easy Steps  
to Keep Your  
Cool with Upset,  
Abusive People

*Verbal Aikido for Conflict Resolution*

Jon Forrest