

John Lee Books & Seminars

Press Kit

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About John Lee



John Lee is the best-selling author of sixteen books and one of the pioneers of the men's movement. He's spoken to thousands of people all over the world in the fields of recovery, relationship, men's issues, spirituality, parenting and creativity.

John's highly innovative work in the fields of anger management and emotional regression has made him an in demand consultant, teacher, trainer, coach and speaker.

He has been featured on Oprah, 20/20, Barbara Walter's The View, CNN, PBS, and NPR. He has been interviewed by Newsweek, The New York Times, The Los Angeles Times, and dozens of other national magazines and radio talk shows.

John Lee has consulted and trained prestigious institutions in the clinical environment including The Betty Ford Clinic, Guy's Hospital (London, England), The New York Open Center, South Pacific Hospital (Sydney, Australia), and Mountain Area Health and Education Center (North Carolina), and numerous others.

John's work in recovery, co-dependency, and adult children has positioned him as a leader in the field of addiction.

His unique approach to anger management has not only been embraced by the therapeutic community- but by the corporate sector and the general public. His non-traditional approach to therapy has been taught worldwide with great success. His two-day Mentone intensives have attracted highly motivated clients who want more one-on-one time than the usual fifty-minute hour can provide.

John's work with men's issues has positioned him as one of the leaders and early pioneers of the men's movement. His Mentone, Alabama Men's Conference (co-hosted with Robert Bly), is in its fourteenth year and draws participants from around the world.

Over the past two decades, John Lee has conducted private and group sessions on a variety of issues working with men, women, couples and families. He lectures, gives workshops and trainings in over 40 cities each year, delivering sensitive, sophisticated material to audiences in a humorous and simple way everyone can understand. His lectures have been branded as "hilariously entertaining, deeply compassionate, yet filled with 'tell it like it is!'"

John served as a professor at the University of Texas and Alabama before becoming a writer, best-selling author, life coach and personal consultant. He lives with his wife in Alabama.

Publications List

Forthcoming Books

The Truth About Anger: Using The Detour Method. DaCapo Press, 2009.

Books Published by Major Houses

The Missing Peace: Solving the Anger Problem for Alcoholics/Addicts and Those Who Love Them. HCI, June 2006. Sold 8,000 copies**

Growing Yourself Back Up: Understanding Emotional Regression. Three Rivers Press, 2001. Sold 10,000 copies.

Writing From The Body: For Writers, Artists, and Dreamers Who Long to Free Their Voice. St. Martin's Griffin, 1994.

A Quiet Strength: Meditations on the Masculine Soul. Bantam, 1994. Sold 20,000 copies.

Facing The Fire: Experiencing and Expressing Anger Appropriately. Bantam, 1992. Sold 25,000 copies.

At My Father's Wedding. Bantam, 1991. Sold 50,000 Hardcover Book of the Month Club & 25,000 Quality Paperback Books. Translated into German, French and released in a U.K. version.

Recovery: Plain and Simple. HCI, 1990. Sold 17,000 copies.

The Flying Boy Book II: The Journey Continues. HCI, 1989. Sold 150,000 copies. Translated into Spanish

The Flying Boy: Healing The Wounded Man. HCI, 1987. Sold 250,000 copies. Listed as a best seller by Publishers Weekly. Translated into Chinese, Japanese, Dutch, Greek and Spanish. Sold movie rights.

Self-Published Books

The Secret Place of Thunder: The Poetry & Prose of Knowing. Monarch Publishing Associates, 2004. Sold 1,200 copies.

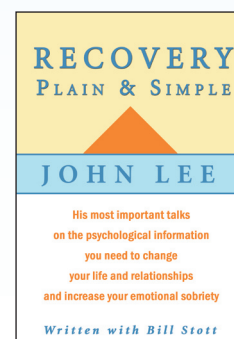
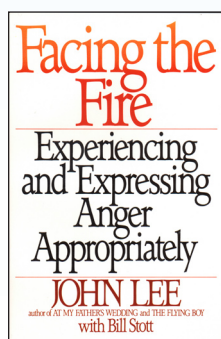
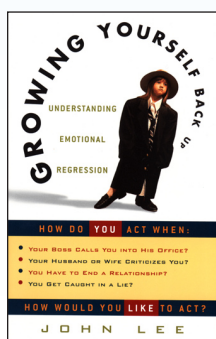
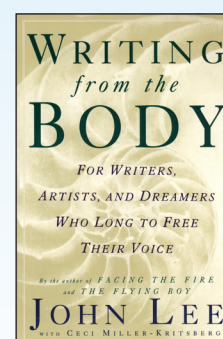
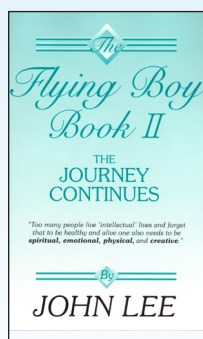
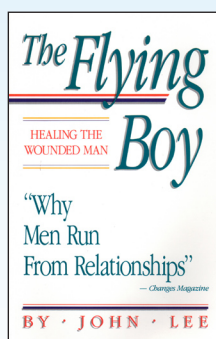
Doctor, I'm Scared: A Concise and Practical Guide to Reducing the Fears of Surgery. Monarch Publishing Associates, 2004. Sold 1,000 copies.

Courting a Woman's Soul: Going Deeper into Loving and Being Loved. Monarch Publishing Associates, 2003. Sold 3,000 copies.

*this list does not include John's three books of poetry and *The Flying Boy III* which is no longer in print.

**figures are approximate

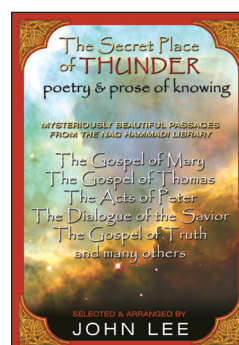
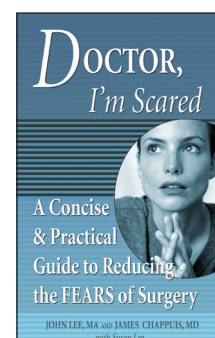
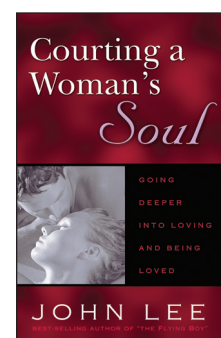
Books



"Facing the Fire is the best book on anger I have read; it is responsible, honest, practical, and a good read. I know the techniques Lee describes work, and the exercises alone make it a valuable book."

"I will use Facing the Fire personally and professionally."

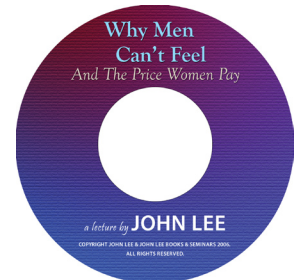
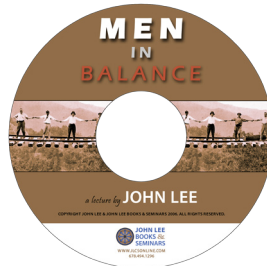
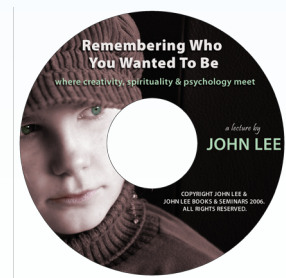
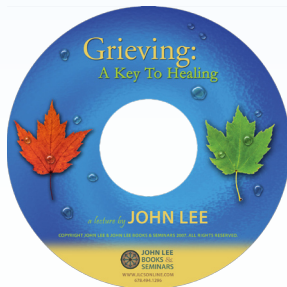
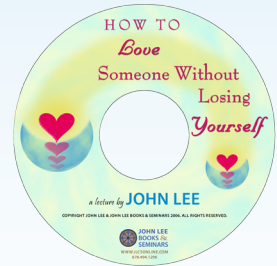
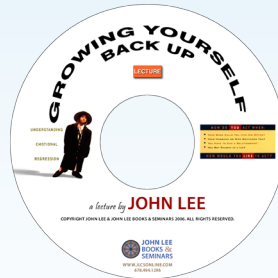
Dr. Patricia Love,
Author *The Emotional Incest Syndrome*



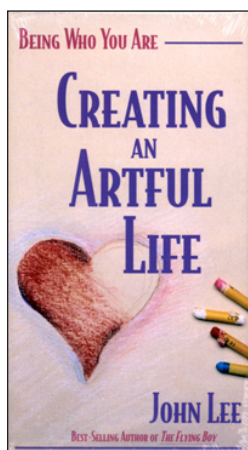
"John offers these passages to us as symbolic keys, which if reflected upon sincerely, may unlock the door to a deeper level of psychological and spiritual understanding."

Robert Moore, Ph.D.
Jungian Analyst

CDs



Video



TV Appearances Screen Shots



- ◆ Barbara Walter's The View
- ◆ ABC's 20/20
- ◆ NPR
- ◆ MSNBC
- ◆ CNN
- ◆ Oprah Winfrey Show

Over 250 local radio and television interviews.

Endorsements and Testimonials

"...John takes very sophisticated material that is very important to understand and makes it wonderfully simple!"

JOHN BRADSHAW THERAPIST AND BEST-SELLING AUTHOR & AMERICA'S LEADING PERSONAL GROWTH EXPERT

"[Growing Yourself Back Up] is the best book on regression that has ever been written. I couldn't put it down. Many of my friends are therapists and they are making it mandatory reading for all their clients."

DR. PATRICIA LOVE,
THERAPIST; AUTHOR OF BEST-SELLER HOT MONOGAMY

"John Lee is one of the greatest teachers in the United States."

ROBERT BLY, POET, AUTHOR OF MANY BOOKS INCLUDING IRON JOHN

"I have used John Lee's material to deal effectively with anger, conflict, and drama in the workplace. Lee's unique gift is the ability to provide useful, practical tools for these 'soft' subjects. Additionally, he's a master communicator, who uses his talent—and humor—to engage tough customers. I've seen him appeal to the most hard boiled business executives and get them to see the importance of emotional intelligence in the workplace."

JIM WARE, CFA AUTHOR OF INVESTMENT LEADERSHIP: BUILDING A WINNING CULTURE FOR LONG-TERM SUCCESS

"A perennial favorite at MAHEC in Western North Carolina, John Lee is known for his immediately practical and refreshing approach to problems that we all face at work and at home. John has presented for us for over 17 years and people still ask for more. What better testimony is there to John's gift of teaching?"

KAREN C. BLICHER, LCSW, CHT DIRECTOR OF MENTAL HEALTH EDUCATION MAHEC ASHEVILLE, NC

"John Lee is one of most knowledgeable, down to earth and engaging teachers I've worked with. He presents important information and techniques in a clear, inspirational, and highly practical way. The feedback for his programs over the years has been consistently excellent. I highly recommend him as a speaker/teacher."

ADELE HEYMAN MANAGING PROGRAM DIRECTOR NEW YORK OPEN CENTER NEW YORK, NY

"It was wonderful to work with you again. You continually provide a standard of excellence in all you do. The reason we love having you present at our continuing education events is because the attendees receive actual hands-on tools to take home to their practices, their clients and their lives. You make a difference!!! I look forward to working with you very soon."

LORRIE KEIP COSITORE DIRECTOR OF CONTINUING EDUCATION U.S. JOURNAL TRAINING DEERFIELD BEACH, FL

"John Lee's presentation is excellent. With a sense of humor, a sincere interest in his audience, and a high level of subject expertise, John presented practical ways to express anger appropriately. He had the audience riveted as he explained the difference between anger and rage; explained why we lapse into regression; and, described ways to bring people out of regression. The audience walked away with dozens of actions they can take immediately to improve themselves personally and professionally. I highly recommend John and his Beyond Anger Management."

BARBARA MONTI ANCORA: A DIVISION OF MONTI & ASSOCIATES, INC. BONITA SPRINGS, FLORIDA

“In my capacity as an executive coach and advisor to CEOs, I have the opportunity to interact with many authors, consultants and experts in many areas of business and personal development. John Lee’s presentation and material on Beyond Anger Management ranks right at the top with information and methods that deal with a rampant behavior pattern that derails careers and reduces effectiveness in leaders. It has made a major impact with the people with whom I work and me, personally.”

LARRY R. HART CHAIR, THE EXECUTIVE COMMITTEE (TEC) ATLANTA, GA
PRESIDENT, FOCUS CONSULTING GROUP, INC.

Workshops & Seminars with Descriptions

1. The Best Kept Secret in Psychology: Understanding Emotional Regression

Ever wondered why it is so difficult to stay in the present moment or why your past keeps creeping or rushing into the here and now? Our best spiritual teachers from Christ to Buddha to Ram Dass to Deepak Chopra say to “Be here Now”, but they don’t say there is a secret to knowing how to do this. The secret to how is what this day long experience is going to reveal to those who want to be more fully present to themselves, the people they love, their clients, children, parents and important others.

Understanding, identifying and learning to work with our own and other people’s tendencies to regress and leave the here and now, will greatly enhance our ability to live more fully in the Present. As a result we can stop regressing and taking this unconscious down memory lane which, as it turns out, is simply a cul-de-sac that gets us nowhere in a hurry. During this down-to-earth, fast-paced day you will learn why regression is one of the best-kept secrets of human behavior, what we mistake it for and how to recognize it sooner rather than later so that we can stay clear-thinking adults more

- Identify what triggers your or your client’s unintentional return to the past
- Define what regression really is
- List the signs and red flags of regression are and how to work with them
- Come back into the Present
- Identify what Makes Most people regress and return to past behaviors, thoughts and feelings
- Work with “Conscious Regression” to minimize the trances we live and often regret

2. The Missing Peace: Solving the Anger Problem for Alcoholics/Addicts and Those Who Love Them

Finally, a workshop for anyone who has been hurt, confused, frustrated and angry about addictions of any kind. This includes hard addictions like alcohol and drugs and soft addictions (but just as devastating) as work, television, internet, love, relationships, romance, food, gambling and co-dependency. It is past time to accept and deal with the truth that everyone who loves, works with or are themselves wrestling with any addiction is angry and rightfully so. Anger is a fact of life and is part of the human condition; addiction is not. This workshop is also for helping professionals, adult children of alcoholics, and al-anons.

It is time we see that anger is just a feeling, neither negative nor positive. Anger is not to be confused with rage, which is a behavior or action that is always negative and hurts everyone involved. Rage and resentment are luxuries alcoholics, addicts and those who love them cannot afford.

Once anger is expressed appropriately it will deepen recovery, reduce the likelihood of relapse and increases intimacy, energy and serenity which leads to deeper connection, better communication and finally lessens the impulse to destroy relationships.

This is a day you won't want to miss if you are ready to work with your own or other people's anger in a safe, supportive, shame-free and compassionate way.

Participants will:

- Learn how to express anger appropriately
- Discover the 9 things people do when they think they are expressing anger
- Explore the 4 styles of inappropriate anger
- Identify emotional regression and how it impacts anger, alcoholism, addiction, co-dependency and other unwanted behaviors.
- Learn how to use the revolutionary Detour Method™ to deal with anger appropriately
- And much more

3. Expressing Anger Appropriately in the Workplace and at Home

Most people learned that anger causes people pain. Inappropriate anger causes employers to prematurely fire people and good people to quit jobs they really like and do well in. Hard as we may try not to get angry - anger is part of any relationship. Expressing Anger Appropriately will forever change how you feel about anger and you will clearly see how anger held in long enough finally not only hurts business relationships but friends, family, and loved ones as well. Don't hold yours in any longer. Join John Lee for an extremely safe day dealing with the most misunderstood emotion. It will change all of your relationships for the better and you will learn:

- When anger is expressed appropriately, the payoff is Energy, Intimacy, & Serenity.
- Nine things people do or say when they think they are expressing anger.
- The four unacceptable styles of anger.
- How to manage anger through The Detour Method™.

The workshop will be face-paced, down-to-earth; full of humor, insight information and experiential work.

4. Relationships In Recovery: Putting It Back Together

For anyone who wants to re-define and heal their current relationship with their partner.

Something or someone came between you – alcohol, addictions, a person, money issues, children, a job or an event. You may have experienced a break-up, a falling out, a separation or even a divorce. Now you realize you want to make this relationship work. The question is how? How do you heal all those past hurts and resentments? How do you keep the past in the past and still feel what you need to feel? You're hopeful, but you don't know where to begin.

This weekend seminar is the place to begin. It's for people willing to start over and learn the true meaning of making amends. It will help you identify what went wrong and what was "broken" in the relationship and how to fix it. You'll be able to let go of destructive patterns and establish new ones that are healthy and move you towards greater intimacy. Evolve from "falling in love" to truly "being in love" and experience the joy and serenity that comes from a relationship in recovery where both parties are committed to putting it back together again.

This workshop will be highly experiential, informative, and will be comprised of small group dynamics, lecture and Q&A.

Relationships in Recovery Will Teach You How to:

- Replace punishment with passion
- Set and honor boundaries
- Establish and identify limits
- Express anger appropriately
- Talk so you'll be heard
- Identify, ask and get your needs met
- Take risks and tell the truth
- Reach a new level of intimacy

5. The Detour Method: Minimizing and Eliminating Conflict and Confrontation

The goal of this presentation is to increase your already high E.Q. (Emotional Intelligence) which will allow you to choose the right language and response to conflict. This is the key to

reducing anger and resentment and creates greater efficiency, productivity and profitability. Words are like magnets; they can attract customers, clients, great employees, and partners or repel and push them away. The unique insights and information gained today will greatly reduce employee turnover, absenteeism, triangulation (gossiping), corporate sabotage, anger and other time-consuming and resource-draining behaviors. By learning how to use words consciously, powerfully and respectfully, you can eliminate inappropriate responses to what you are trying to say.

During this presentation you will learn:

- How to express anger appropriately and model it for key personnel and family
- The difference between anger and soft rage which is what produces most drama, dissention, misunderstanding, and miscommunication
- The best kept secret in psychology and how to work with Emotional Regression in your employees, family and yourself
- The solution to creative conflict management - the powerful, life-changing, office and work changing tool - The Detour Method™

6. Still Co-Dependent After All These Years: Recovering From Addictions to Behaviors, Processes, Patterns and People

While the media and the general public may think “Co-dependency” has been understood, done, or “old news,” the truth is it is still very misunderstood, hard to define and very hard all kinds of relationships. Few treatment facilities provide help, and many smaller towns and even larger ones have few resources for the recovering co-dependent. Many are still suffering and many want help, insights, support, therapy and emotional sobriety.

- During this powerful and highly experiential day we will:
- Explore What Co-dependency really is
- Define this slippery and misunderstood term
- Identify your specific issues such distinguishing Care-Taking from Caring For.
- Decrease tendencies to over depend on Positions, Processes and People, Places and Things.
- Describe and Clarify The Stages of Co-dependency Recovery.
- Identify signs of recovery from being a False Self.
- Learn Effective Ways To Self-Soothe.

The day will be SAFE, CONFIDENTIAL AND SUPPORTIVE

- The seminar will consist of:
- Information/Instruction
- Small Group Dynamics
- Experiential (Safe) Work

7. **Drawing The Line: Creating Boundaries and Setting Limits at Home and Work**

Do you have good boundaries? Do you or people you know “cross the line” and then feel angry or resentful?

A BOUNDARY is an invisible but real line that others cannot cross over without consequences. Boundaries are only effective if they are defended. They show how close you can come to me physically, emotionally, etc.

A LIMIT is the awareness and then the follow-through of how far I’ll go towards you physically, emotionally, etc.

Knowing how to set and keep good boundaries and limits is good business and is essential for a stress-free and efficient workplace and home life.

This seminar will help you tear down walls and replace them with good boundaries, which increases connection and cooperation between employer and employee, colleagues and family members.

Participants in this program will:

- Experience how boundaries and limits really work;
- See clearly how these two tools empower everyone;
- Practice setting boundaries and limits in real life situations;
- No longer be passive, passive/aggressive or aggressive, but instead become powerful by becoming compassionately assertive;
- See clearly how boundaries and limits positively impact such issues as time management, choice-making, and conflict resolution;
- Have new tools to reduce unwanted, negative or inappropriate behaviors and comments.

8. Men and Their Struggle With Intimacy

Part I: Healing the Father-Son Wound

This seminar with John Lee pioneer in masculine psychology and men's issues and leader in both the men's movement and field of personal growth and relationships has shared his understanding and experience with men their emotions, issues, and buried or frozen feelings with thousands of therapists and lay people through his books, tapes and seminars around the world.

Through lecture, small group dynamics, story-telling, mythology and Q & A participants will gain:

- A deeper understanding of the male psyche and soul as it relates to the way we were fathered or not
- What shut men down in the first place
- What it takes to open back up

Part II: Men and their Struggle with Intimacy

"He just won't let me in." "I don't know what she wants." "He doesn't tell me what he is really feeling." "I'm not sure what I'm feeling or what I need." "He's not comfortable when I express emotions." "He tries to fix me and I just want him to listen." Words spoken by frustrated women and men—words that will lead to distance, damaged relationships and divorce.

Participants will gain new insights, strategies and techniques and most of all compassion in their work with men and the women who love them. This information and insights will increase the likelihood that men will more readily open up and express their feelings appropriately to those they live with, love, and work with.

9. Creative Therapeutic Conversations: Using Improvisation, Inspiration, Intuition, Spontaneity and Story Telling

"It is in playing and only playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self."
Winnicott

In this unique training with John Lee M.A. participants will explore and learn to employ creative strategies based on the experiences and exercises that will be taught. These will be highly useful in the construction of safe contexts that will actively and energetically engage your clients and you as well.

Therapists who choose to integrate these techniques with their own previous training will reduce restlessness and resistance in clients, while decreasing the likelihood of boredom or burnout on part of the therapist. In addition, clients will feel more like Co-creators of their healing process and feel more connected to their therapists and counselors while doing so.

By learning the value of improvisation and using it will successfully bring renewed inspiration, re-kindle your imagination and spontaneity and revitalize and energize your sense of purpose by restoring you to what Buddhists refer to as “Beginner’s Mind”.

You will increase your abilities and heighten your existing skills and talents by:

- Learning how to put intuition more fully into action
- Help clients work with their issues and their past by being more fully in the moment.
- Increase energy, excitement for your clients and yourself

How this will be accomplished:

- Voluntary participation in all the improvisational exercises
- By working with the five fears that stand between our past training and employing useful, though sometimes-unconventional methods.
- Becoming more comfortable with playfulness, unpredictability, creativity and your own rich imagination

The day will consist of:

- Improvisational exercises
- Small group dynamics, teaching, and Q & A

10. Remembering Who You Wanted To Be: Where Do You Go From Here

Once upon a time, not very long ago, we were absolutely clear and sure, about our calling, and the direction our lives were meant to take. Work, family, mortgages, credit cards and debt became our bosses and masters. Responsibilities pulled us off our paths, some of us quicker than others and some not all the way, but we forgot who we wanted to be and where we wanted to go, and what we were meant to do quoting the poet Mary Oliver’s words “with your one, wild precious life.”

This unique, informative workshop is entirely devoted to lifting us out of the deep sleep of forgetting. John will draw on Eastern and Western philosophy, poetry, mystical tradition and psychology. By blending art, poetry, spiritual teachings and the psychology of emotion

participants will discover, uncover and experience parts of themselves that may have been all but forgotten.

What each participant will explore and experience:

- REMEMBERING miracles and spiritual experiences they may have forgotten and once relied on and trusted.
- RE-TELLING our core stories, reshaping them and reframing them to clarify where we are at present.
- RE-AWAKENING our spiritual life through insightful poetry and stories from our own and other cultures.

Four Questions:

1. This is what I want
2. This is what I need
3. This is what I will not do to get my wants and needs met
4. This is what I will do to get my wants and needs met

11. Writing From The Body: Every Life Has A Story—Now Write Yours

Some workshops go beyond questions of craft and art to explore the deepest sources of the creative impulse. This workshop is not about creating from the “head” but rather from the heart, the shoulder, the back and the soul.

The call to create is a call that is received in the body first. If we are to answer this call, we have to feel every part of our lives. In this workshop, you will learn the grammar of the gut, the syntax of the sinews, the language of the legs. For everyone who is tired of living life in the little closet between the ears, get ready.

Any writer, artist, teacher, or therapist interested in the creative process will find this workshop, like the book it is based on — *Writing From the Body: For Writers, Artists and Dreamers Who Long To Free Their Voice* — it is invaluable and a lasting source of hope and power.

This workshop will be highly experiential, informative, fast-paced and full of humor. The emotional release work that will be done is based on John’s successful program P.E.E.R. (Primary, Emotional, Energy, Recovery) a program that teaches therapists and the general public to facilitate deep emotional release. Note: Every thing we do will be safe, voluntary, and confidential.

Other Available Workshops (descriptions upon request)

Healing the Father-Son Wound

Healing the Mother-Son Wound

Post Romantic Stress Syndrome: Changing How You Love and Receive Love

Where Spirituality, Psychology and Recovery Meet

Grieving: A New Model for Dealing with Loss and Moving On

Accountability VS. Responsibility

The Poetry and Prose of Recovery: A Creative Approach

P.E.E.R.™ Training (Primary Emotional Energy Recovery)

John Lee's Latest and Most Original New Workshop

The Half-Lived Life: Overcoming Passivity and Becoming Compassionately Assertive

Passivity is one of the most overlooked, un-discussed, and un-diagnosed and least understood issues in psychology, psychotherapy, personal growth, and recovery. The passive man or woman operates, participates and creates at half of their capacity and potential. They are out of balance between work, relationships, self-care and community. As one honest man ready to work with his own passivity said, "I am half the doctor I could be, half the husband, half the father, half the friend, and half the creative person I know I can be."

This unique presentation is not about being passive/aggressive, shyness, timidity, laziness or apathy or extreme introversion. Introverts and Extroverts can be plagued by passivity. It is about how a passive person is constantly trying to get what they are attached to not having and therefore is the source of much anger, rage, violence, despair, depression, distance and divorce. Men and women then become aggressive or violent to prove they are not passive. They may be inclined to seek couples therapy but not deal with passivity in the relationship. They may point to how hard they work and struggle but not see how passive they can be while they feel "stuck" and "accept their fate," "bad luck", or "misfortune" instead of creating and fulfilling their destiny and pursuing their passion. This presentation is about fully participating and creating the life you want and are meant to have.

In this workshop participants will through lecture, small group, experiential exercises and Q&A:

- Define and Identify Passivity in Relationships, Recovery, Creativity both at Home and Work
- Examine and Eliminate the “Greatest Trick” The Passive Person Plays on Themselves and Others
- Work with the 9 Types of Passivity
- Explore Repetition Compulsion and the Passive Personality
- Will be shown the Cures for Passivity
- Learn how to become more Compassionately Assertive