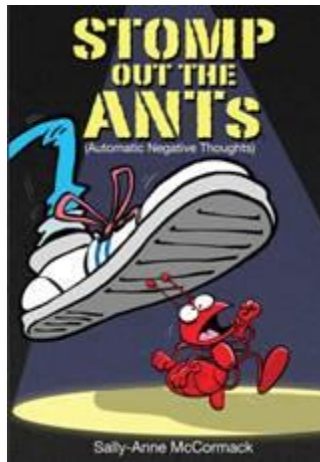


STOMP OUT THE ANTs by Sally-Anne McCormack
Publication Discount for CCPA Members!

Sally-Anne McCormack (Australian clinical psychologist, media consultant, former teacher, parent) has published her first book – “Stomp Out The ANTs”. **ANTs** (**A**utomatic **N**egative **T**houghts) are annoying creatures that trouble everyone! This simple guide is effective due to its content and the practical writing style of the author, and can be referred to by anyone who is dealing with a plague of ANTs!

Throughout the book, Sally-Anne refers to the analogy of the ANTs – everyone gets them, they are hard to get rid of, and we often don’t notice them until there is a huge pile of black pests hiding all of the good things underneath them. She also describes some popular strategies to “stomp” out the ANTs, and ways of helping yourself to prevent future infestations!

If you have ever been anxious, depressed, or had any negative thoughts, then this book is for you!



To purchase this book with the CCPA discount of 30% (+ postage & handling), please email Sally-Anne directly at sally-anne@optusnet.com.au or visit her website www.StompOutTheANTs.com.au and contact her from there.