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609 Dartmouth Street, Westbury, NY 11590

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Productive People
609 Dartmouth Street
Westbury, NY 11590

516-334-8985
DrDuffy@DrDuffy.com
www.DrDuffy.com

Dr. Duffy's CD Programs

The 3 Basic R's of Self-Esteem Building

There are very good basic primers on how to achieve self-esteem. Dr. Duffy Spencer fills that gap. High self-esteem *can* be achieved in adult life. You can learn to feel good about yourself. *The 3 Basic R's* are easily doable and provide a clear path to the goal of (finally!) loving yourself.

Feeling Good: Learning to Love Yourself

Many people learn to act a certain way in order to be acceptable and loved. This behavior involved rejecting how we really felt and what we really wanted. While this strategy helped us survive, it caused the formation of a false self. The good news is that it's not too late. As adults today, we have a choice. We can take the courageous hero's journey to find, and love the self we truly are towards a loving, joyful reunion with the most important person in your world... yourself!

The Disease to Please: Overcoming Approval Addiction

Do I jump through hoops to please people? What do I believe happens when someone doesn't approve of me? To what length will I go to win someone's approval? How can I get out of the people-pleasing trap?

Dealing with Difficult People...Including Yourself!

Difficult people are everywhere in our society. We may even be living with one. To make matters worse, we may be living inside one... ourselves! What does it mean to be a difficult person and... how do difficult people get that way? Learn about the four personal styles and the four types of relationships to determine what strategies to use so you can (finally!) deal with those difficult people in your life.

Your Anger and What to Do With It

Anger is a universal emotion. It's what we do with it that counts. Is there such a thing as healthy anger? When is anger healthy or unhealthy? What can you do with your anger? Wish it away? Swallow it? Express it? If so, how? Learn the three components of *all anger* to help you determine how to best handle your own. Dr. Duffy answers your most important questions about this essential topic.

Getting Rid of Emotional Clutter

Emotional clutter is anything that goes on between our ears... beliefs, thoughts, perceptions... that is toxic and useless. Emotional clutter from the past keeps us from living in the present. It is the hardest kind of clutter to get rid of. Learn how!

Heal Old Hurts and Get On With Your Life

Unhealed, old hurts tend to keep us stuck. Feelings of hurt, anger, resentment, sadness and grief get in the way of living fully and happily. It's time to get on with your life and become the person you were meant to be!

DeClutter Your Stuff; DeClutter Your Life!

Are you a clutterholic? Are you overwhelmed by too much junk? Do you keep "things" for comfort... and then become uncomfortable with your piles of clutter? Is "stuff" getting in your way of being the person you want to be... and having the life you want? Whether it's *physical* clutter or *emotional* clutter, this presentation will cover the reasons why we clutter and the emotional process of letting go.

DeCluttering Resentments: The Magic of Forgiveness

Resentments, as a particular type of emotional clutter, are very toxic. When we clutter our minds with ancient resentments, we wind up hurting ourselves. Emotional clutter from the past keeps us from living in the present. It is *the hardest* kind of clutter to get rid of. *Who* is it important for us to forgive... including *ourselves*? How can we learn to give ourselves what we needed and didn't receive? Listen to this unique presentation by Dr. Duffy and learn how!

No More Toxic Relationships!

Whether you have a toxic relationship with people or "things" (food, alcohol, clutter) ... or even with yourself, this program will show you how to detach from relationships that damage you. If you have people or things in your life that hurt you, learn how you were set up for unhealthy relationships... and what you can do to free yourself for a happy, joyous life.

Why Love Fails... And How We Can Make it Succeed

We fall in love and we think, *finally... I found the answer to my dreams!* We're in the *Honeymoon Stage* of our relationship. That only lasts until we move into the *Power Struggle Stage*. We then find that the very reasons we chose that person are the reasons that now bug us. Many people stay stuck in that stage. What do we do? We can progress into the last stage: Real Love. Find out how you can restore your intimate relationship into the real loving one it was meant to be.

How to ReInvent Your Life- Part 1 & 2

Would you like to have a better happier life, but don't quite know how? Would you like to get rid of old thoughts and behaviors that are getting in your way? Would you like to add new and wonderful things? It's not too late to re-invent your life. Listen and learn how to take positive action to make your life your own!

Growing Yourself Young:

The Fine Art of Self-Renewal

What makes some people young at any age? And yet some people old before their time? *Growing yourself young* is much more than buying expensive creams and teeny bopper clothes. It's about re-claiming your authentic self... the self you were meant to be.

Healthy adults naturally have "childlike" qualities of playfulness, lightness, exuberance, and an ability to live in the present moment. These qualities are yours for the asking through following Dr. Duffy's three-pronged approach to rejuvenation. Join her as she unravels the mystery of achieving *youthfulness* at any age.

Dealing With Harsh Criticism

We all know what it's like to be criticized. When we're children we have no defense against it. When we're adults we can do something about it. Listen to this program, by Dr. Duffy Spencer, and learn what you can do to deal with harsh criticism.

Dr. Duffy's WORK BOOK

How to S.P.I.C.E. Up Your Life, the book

S.P.I.C.E., *The Essential Ingredients for Effective Living*, SPICE Up Your Life offers an entertaining and motivational overview of the five essential ingredients for effective living: Self-Esteem, Power, Identity, Courage and Energy.

Please see reverse for order form.

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