

FREE.....PUBLIC APPEARANCE.....FREE



BETHPAGE PUBLIC LIBRARY

47 POWELL AVENUE, BETHPAGE * 516-931-3907

Dr. Duffy Spencer

"Rx for Relationships"

Tuesday, March 7, 2017

7:30 PM- 8:30 PM

♪♪ *Me and My Shadow* ♪♪

Our Shadow holds our unconscious beliefs, forbidden feelings, secret desires AND creativity. Like an invisible twin, it is us...

but not us. It can overwhelm us with shame, addiction, rage, depression,

and self-sabotage. Or we can embrace it and reclaim the un-lived life of our soul. This is our essential choice and lifelong challenge. Come to this special lecture designed and delivered by Dr. Duffy Spencer... and learn how to embrace all of YOU.



Dr. Duffy Spencer, social psychologist, and psychotherapist specializes in self-esteem building and positive change management. She speaks nationally on how people can reduce unnecessary stress and take charge of their lives. Author of *S.P.I.C.E., The Essential Ingredients for Effective Living*, the Relationship Doctor CD series, and the co-author of *Dealing With Difficult People*, she is the host of "Just Relationships"*. Dr. Spencer counsels both individuals and couples in Westbury and holds regular women's retreats.

*WHPC 90.3 FM Wednesdays at 3:30 PM, Sundays at 8:00 AM

Summer 2017 @ 7:30 PM
Please let Dr. Duffy know what topic you would love to hear her talk about!

To reach Dr. Duffy personally,
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The library is located two blocks west of Exit #8 (Powell Avenue) on the Seaford-Oyster Bay Exp. (Rt. 135) (Whether traveling north or south, make a right. Library is on the left side of street.)

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