

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

# BETHPAGE PUBLIC LIBRARY

47 POWELL AVENUE, BETHPAGE \* 516-931-3907

## Dr. Duffy Spencer

### Wednesday, June 7, 2017

7:30 PM- 8:30 PM

## Reclaiming Yourself. Shame, Guilt & Forgiveness

Am I unnecessarily shame-based?  
Do I carry self-guilt? Do I refuse to  
forgive myself and others?  
Come to this special lecture by  
Dr. Duffy and learn how to take  
responsibility for yourself without  
*blaming* yourself.



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

**September 26, 2017 @ 7:30 PM**

*Please let Dr. Duffy know what topic  
you would love to hear her talk about!*

To reach Dr. Duffy personally,  
(516) 334-8985

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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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