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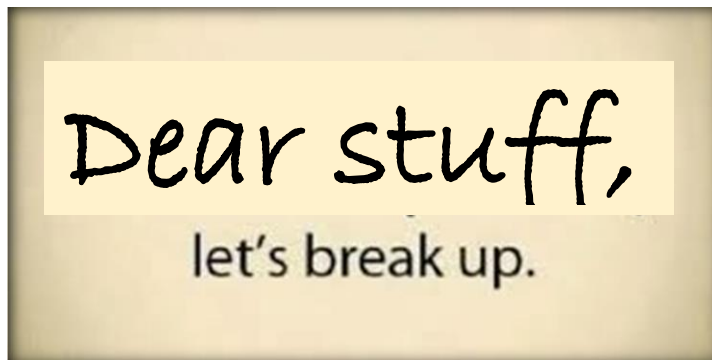
# BETHPAGE PUBLIC LIBRARY

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

Dr. Duffy Spencer

**Tuesday, June 18, 2019**

7:30 PM- 8:30 PM



## The Stress of "Stuff"

Overwhelmed by clutter? Are you a clutterholic?

Do you keep "things" for comfort... and then feel awful with your excess stuff? Is clutter getting in the way of your tranquility and the person you want to be? Come and learn why people hold onto things, the emotional process of letting go, and specific ways to deal with clutter.



Dr. Duffy Spencer, social psychologist, and psychotherapist specializes in self-esteem building and positive change management. She speaks, trains and teaches 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, co-author of *Dealing With Difficult People* and *Leadership Strategists*, and is the host of her radio show "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, Mondays at 12:00 AM

**Fall 2019**

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

(516) 334-8985

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www.DrDuffy.com

**47 Powell Avenue, Bethpage 11714 ~ Phone #516-931-3907**

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.)

Beth Lib Dear Stuff Stress Stuff JUNE 19.doc