

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

# BETHPAGE PUBLIC LIBRARY

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

## Dr. Duffy Spencer

### Thursday, June 7, 2018

7:30 PM- 8:30 PM

You don't have to be  
**PERFECT**  
to be  
**Excellent**®

## You Don't Have to Be Perfect to Be Excellent

Our desire to be perfect is a creative adjustment to protect ourselves from hurt. But, ironically, it puts impossible demands on ourselves and others... creating much unhappiness. Come and learn how to overcome perfectionism and have the healthy life you deserve.



Dr. Duffy Spencer, social psychologist, and psychotherapist, specializes in Self-Esteem Building and Positive Change Management. She teaches how people how to 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*, she is the host of 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

**Tuesday, November 13, 2018**

### "How to Deal With Rejection"

We all get rejected at some point in our lives... by different people or by different groups... for different reasons. What happens *inside* when you get rejected by others? Do you wind up rejecting yourself as well... and losing your self-esteem? Come to this talk, especially customized by Dr. Duffy Spencer, and learn how to become "Rejection-Proof"!

To reach Dr. Duffy  
personally,  
(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.)

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