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# BETHPAGE PUBLIC LIBRARY

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

## Dr. Duffy Spencer

### Tuesday, November 13, 2018

7:30 PM- 8:30 PM



## 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"!



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

### Spring 2019

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

To reach Dr. Duffy personally,  
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**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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