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# BETHPAGE PUBLIC LIBRARY

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

## Dr. Duffy Spencer

### Tuesday, September 19, 2017

7:30 PM- 8:30 PM

## Am I an “Adult Child” of a Dysfunctional Family?

Unfortunately anywhere from 70% to 96% of families are somewhere along the continuum of dysfunction. Dysfunctional families and their offspring have particular characteristics.

For instance, no matter what you do or how hard you try to “get it right” and to be happy, you can’t.

Come learn the “Laundry list” for “Adult Children” so you can recognize some of the toxic beliefs and behavioral patterns getting in your way and how to make your life your LIFE.



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, Sundays at 8:00 AM

**TBA Spring 2018**

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

To reach Dr. Duffy personally,  
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