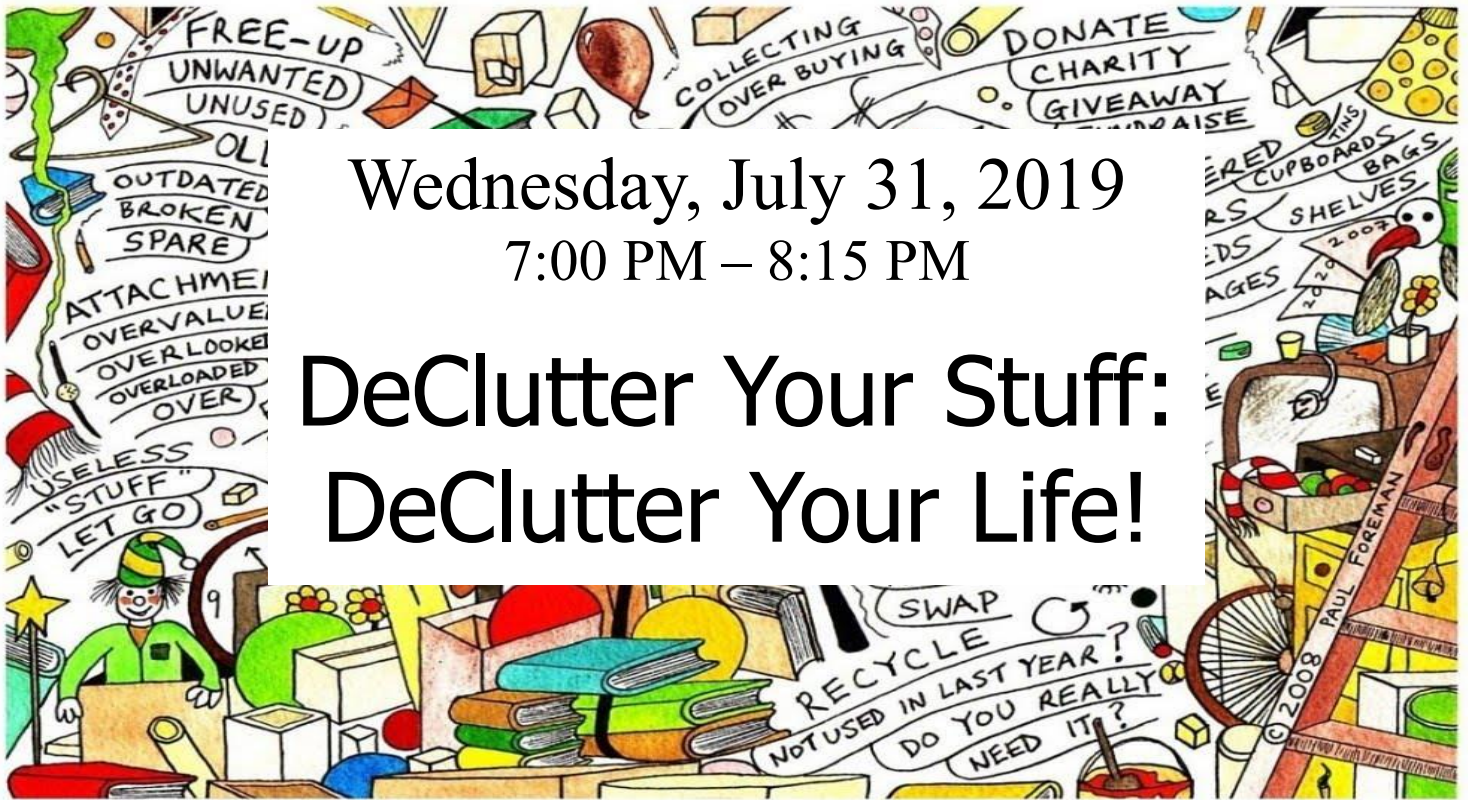


Great Neck Library

159 Bayview Avenue, Great Neck, NY * (516) 466-8055



Wednesday, July 31, 2019

7:00 PM – 8:15 PM

DeClutter Your Stuff: DeClutter Your Life!

Are you a clutterholic? Are you overwhelmed by clutter?

Do you keep “things” for comfort... and then become uncomfortable with too much stuff? Is clutter getting in the way of having the home you want and the life you want?

Come to this presentation and learn specific ways to declutter, the reasons why we clutter, and the emotional process of letting go... and, how to finally rid yourself of those things that get in the way of the life you so deserve.



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

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