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Westbury Memorial Public Library

Dr. Duffy Spencer

“Rx for Relationships”

Wednesday, June 13, 2018

7:00 PM – 8:00 PM



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 Imago Relationship therapist specializes in self-esteem building and positive change management. She speaks nationally on how people can take charge of their lives... and be winners in spite of it all. Author of *S.P.I.C.E., The Essential Ingredients for Effective Living*, the Relationship Doctor CD series, and the co-author of *Dealing With Difficult People*, she is a frequent TV guest expert and the host of "Just Relationships"*. Dr. Spencer has a private coaching & counseling practice in Westbury, leads women's and couple's therapy groups and holds regular women's retreats.

*WHPC 90.3 FM Wednesdays at 3:30 PM and Mondays at 12:00 AM

445 Jefferson Street, Westbury 11590~ Phone #516-333-0176

Directions: Take Exit 32 South to Post Ave. Left at light to Rockland St & Post Ave. Go 2 blocks to School St. Right on School Street. Left on Jefferson St.

From Old Country Road: Turn north, onto Post Avenue. Just before the Northern State Parkway turn right at light to Rockland St & Post Avenue. Go 2 blocks to School Street. Turn right. Then left on Jefferson Street.

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