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Dr. Duffy Spencer
Tuesday, March 13, 2019

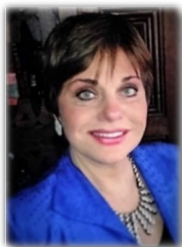
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How to Be Happy in a *White Water* World

Despite how crazy our world is, we can still be happy. In fact our happiness is up to us, no matter what the external circumstances. Even if life feels like permanent *white water*, we can still navigate rocky seas. We just need to *see* our obstacles, use our strengths, and choose our sea-mates.

The good news is that it's very doable. Come and learn how!



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

Wednesday, June 5, 2019

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

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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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