

# BETHPAGE PUBLIC LIBRARY

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

## Dr. Duffy Spencer Thursday, October 29, 2020

7:30 PM- 8:30 PM



Worrying gives us a false sense of control... and it's a waste of energy.

The good news is that we have far better resources to deal with our problems. We can learn to be happy through the science of "Happiness Creation".

There are five specific tried and true principles that are available

to us to become happier. Come to this original presentation by Dr. Duffy Spencer and learn the *healthy* path to happiness.



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 2021

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

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www.DrDuffy.com

**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.)