

# West Hempstead Public Library

500 Hempstead Avenue, Hempstead, NY \* (516) 481-6591



Wednesday, April 22, 2020

7:00 PM – 8:15 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

Directions: Take the LONG ISLAND EXPRESSWAY to LAKEVILLE ROAD. Proceed NORTH on LAKEVILLE ROAD. Cross NORTHERN BLVD (where LAKEVILLE becomes S. MIDDLE NECK RD). Continue NORTH on S. MIDDLE NECK RD. to the center of town (where S. MIDDLE NECK RD. becomes MIDDLE NECK ROAD. Continue NORTH on MIDDLE NECK RD. for approximately another 1/2 mile. Make a LEFT turn onto OLD MILL RD. Proceed WEST on OLD MILL RD. about 1/2 mile to the first traffic signal which is BAYVIEW AVE. Make a RIGHT turn onto BAYVIEW AVE. The Library will be on the right.