

FREE.....PUBLIC APPEARANCE..... FREE

BETHPAGE PUBLIC LIBRARY

47 POWELL AVENUE, BETHPAGE * 516-931-3907

Dr. Duffy Spencer

Tuesday, September 24, 2019

7:30 PM- 8:30 PM

But How Do I Love Myself?

The Fine Art of Self-Parenting in an Indifferent World



Do I matter? Yes, I matter!

**We all need connection, yet safe
and healthy connections are not so
easy to come by in a distressed world.**

**Come and learn some self soothing skills and how you can compassionately
connect with *yourself* (and therefore others) in today's world.**



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 2020

*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.)