

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  
a safe and healthy connection  
is not so easy to come by.  
Come and learn how you can  
compassionately connect with yourself  
and therefore others in the world we know today.**



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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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.)

