

# bethpage public library

## Dr. Duffy Spencer

“Rx for Relationships”

**FREE**

**FREE**

**Wednesday, February 29**  
**7:30 p.m.**

### Getting Rid of Inner Clutter: The “Stuff” That Weighs You Down

*“I learned that my overweight was mud on my wings and I was afraid to fly.”*

Oprah Winfrey

Whether it's overweight or something less obvious, we all have mud on our wings... stuff” that weighs us down. This unique program explores how *inner clutter* – those untrue negative beliefs about ourselves- create behavior that almost guarantees that we won't get what we want and need. The trouble with this inner clutter is that most of it is unconscious.

Join Dr. Duffy as she helps you unearth the painful feelings and thoughts that cause you to act out in self-destructive ways. Learn how to get rid of the garbage that weighs you down so you can be the lovable person you truly are... *feel lighter...* and take in all the good that life offers.



**Dr. Duffy Spencer,** Social Psychologist, and Imago Relationship Therapist specializes in self-esteem building and positive change management. She speaks nationally on how people can take charge of their lives... and be winners in spite of it all. Author of *S.P.I.C.E., The Essential Ingredients for Effective Living*, the *Relationship Doctor* CD series, and the co-author of *Dealing With Difficult People*, she is the host of WHPC's “Just Relationships”\*. Dr. Spencer has a private coaching & counseling practice in Westbury, leads women's and couple's therapy groups and holds regular women's retreats.

\* WHPC 90.3 FM Wednesdays at 3:30 PM, Fridays at 11:00 AM and Sundays at 9:30 AM

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#### SAVE THE DATE!

**Thursday, May 10, 2012**

Program Title to be announced.  
Please let Dr. Duffy know what topic suggestions you have!

To reach Dr. Duffy personally,  
(516) 334-8985  
DrDuffy@DrDuffy.com  
www.DrDuffy.com

**47 POWELL AVENUE, BETHPAGE 11714 \* 516-931-3907**

The library is located two blocks west of Exit #8 (Powell Avenue) on the Seaford-Oyster Bay Expwy. (Rt. 135)  
(Make a right . Library is on the left side of street.)