

Presented by AAS member, Lisa Firestone, Ph.D....

Conquer Your Critical Inner Voice

Each of us has an "inner critic" judging our every action and instructing us on how to live our lives. But how much are we letting this inner critic control us? Are we living the lives we were destined to live or are we living someone else's life? Are our actions based on what we really feel and believe or on negative programming from our past? This Webinar can help individuals counter negative thinking and learn to live free from imagined limitations. It will be valuable for the public as well as professionals interested in helping their clients deal with their critical inner voice.

Title: *Conquer Your Critical Inner Voice*

Date: Tuesday, May 25, 2010

Time: 11:00 AM - 12:00 PM PDT

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If you have any questions or wish more information contact Jina Carvalho Jina@glendon.org or visit www.glendon.org