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EMPOWERMENT



## Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed

**Dr. Gary Bell**  
*Marriage Family Therapist*



**Dr. Gary Bell's Absurd Psychology**  
Tuesday at 11 AM Pacific  
**September 8th 2017: Encore: Self-Sabotage:  
The Idiot Within**

Self-Sabotage is something all of us do at some point in our lives. Some people do it purposely and others as a subconscious way of life. Self-Sabotage has everything to do with how you feel about yourself. It is a way of rejecting yourself before others reject you. It is a self fulfilling prophecy. So many responsible adults destroy their homes, families, jobs, integrity and lives through destroying all that is good. This episode is about damage control, recovery and change. Tune in and learn!



### Tune in

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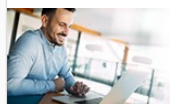
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