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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  
**January 19th 2018: Intuition: Gut Feeling or Paranoia?**

Every day, we are met with intuitions that appear to provide the answers to questions in our lives. We step outside on a sunny day, and a nagging feeling in our gut urges us to go back in and fetch our umbrella. We watch the big fight and develop a powerful hunch early in the contest that the hometown boxer will prevail. Within 60 seconds of interviewing a candidate, we just know, beyond a shadow of a doubt — she's the one. While the common wisdom is that we should "trust our gut," smart decision makers know it can't be that simple. Surely there are times when intuition guides us accurately,

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