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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
December 7th 2018: Adjustment Disorder:
Dealing with Unwanted Change

Life is a continuous adjustment to events and incidents we can not control. Adjustment Disorder comes from poor or no coping skills around these situations in regards to a person's reactions. All of us struggle with adjustment and Adjustment Disorder is a diagnosis that nearly 100% of the population of the Earth will have at one point in life. I will take on the thoughts, process and getting back to a healthy balance for people who struggle with this. Tune in and learn how to take control of your life and get your joy back!

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Tune in

Tuesday at 11 AM Pacific
Time on VoiceAmerica
Empowerment Channel

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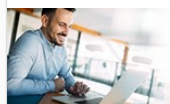
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