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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  
**April 2nd 2019: How Poverty and Environment  
Effect Mental Health**

Quality of life is a general term that simply infers stability, health and consistency. However, most of this world operates paycheck to paycheck, indebted up to our ears, owning little of value and rent. Some people have some of these areas covered, but the quality part is missing. We are going to take a deep dive into how to make better choices for our peace off mind and more stable mental health. We will look at how a lack of quality of life can determine how we think and how healthy we are.



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Tuesday at 11 AM Pacific  
Time on VoiceAmerica  
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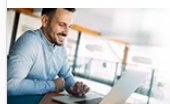
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