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Psych Up Live
Thursday at 11 AM Pacific
December 24th 2020: Encore Mindful Aging: A Radically Different Outlook for Embracing Life

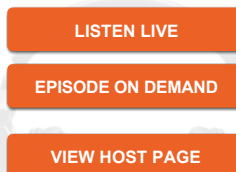
In this episode Dr. Andrea Brandt, psychologist and author draws upon her latest book, *Mindful Aging: Embracing Your Life After 50 to Find Fulfillment, Purpose, and Joy*, to refute the notion of aging as chronic deterioration and decline and invite us to be "On top of the hill rather than over the hill!" Toward this end, she draws upon research and offers specific strategies for knowing ourselves better, accepting our passions and truths, letting go of regrets and making a plan for bringing our dreams to life. She discusses the use of realistic positivity and guides us through the use of emoti

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Featured Guest



Andrea Brandt, PhD, MFT

Andrea Brandt, PhD, MFT, has over 35 years of clinical experience as a renowned psychotherapist, speaker, and author.

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