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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  
**November 23rd 2021: Why People Delay  
Happiness**

There are two paths we can take in any given situation: one is the path of avoiding pain in the moment, and the other is the more difficult path of delaying pleasure for a bigger purpose. Our cultural norms encourage us to seek Band-Aid solutions and temporary comforts—basically, whatever it takes to ease our discomfort now. This is apparent in the prevalence of casinos, commercials for psychiatric medications, and get rich quick schemes in our culture. Some people don't see the value in having patience during difficult times or working toward a goal; they want to lose the weight now and woul

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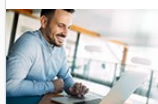
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