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HEALTH & WELLNESS



Moving Forward: Wellness One Step at a Time

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September 26th 2014: The messages you give yourself: An introduction to your self-talk, patterns and steps to becoming more effective.

Ever wonder about the repeated thoughts you have? Or how sometimes having certain thoughts lead you to experience anxiety, stress, etc.? Join me as I discuss these questions and others with psycho-therapist Marie Murad-Feldman. We will explore the realm of thoughts, thinking patterns, what messages these may send and how these messages may affect your moods and emotions. We will also explore some small steps you can take to becoming more aware of these messages and what you can do with them.

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Featured Guest



Marie Murad-Feldman

I am a Licensed Clinical Professional Counselor in the state of Illinois with a private practice based in the Chicago area.

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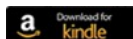
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