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Reinventing a Life of Joy and Promise



Dr. Jane A. Simington, PhD.

*In the midst of winter
I discovered within me
an invincible summer.*

Camus

While the colorful fabric of life is woven of both gains and losses, our tapestry can become darkened by too many strands of hurt. Weighed down under these heavy threads we can fail to become fully engaged in life and as a result block our soul's growth and therefore our ability to fully use our potential. *Reinventing a Life of Joy and Promise* is about healing past hurts and experiencing more joy and promise in life both now and in the future.

During our time together you will:

- 1) Examine how unhealed wounds of past hurts interfere with all aspects of life, keeping you from achieving your full potential.
- 2) Experience strategies to help you heal past hurts and release the burdens they create in your life.
- 3) Discover how to change your internal biochemical and nervous system rhythms so you are more able to live a life of ever-increasing joy.
- 4) Practice strategies to help you reclaim your sense of personal power and achievement and increase your potential to move into your future with ever-increasing hope and promise for continued happiness.