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August 2015

Positivity & Happiness! Finding Delight in Ordinary Life.

I have been enjoying this beautiful weather and hope you have been as well. I have a new garden and patio. One morning as I went out to the garden to greet the day, I had an amazing surprise. Earlier in the summer I had purchased 5 small Dahlia plants that I knew nothing about. So, one morning to the right is what I saw. It was unlike any flower I had ever seen in my life. I sent a picture of this amazing flower to my friend, Susanne, and she found out the name of it. It is called a **Honka Dahlia**. It was fun to share my surprise and delight with her.



There are many interesting things to see and observe all around us if we slow down and notice. Maybe not as unusual as the Honka Dahlia; however, how about in this next week, you send me a picture of something that brought a smile to your face or a sense of interest or delight. We can help each other become more conscious and aware of the wonder that is all around us.



Invitation for Increased Delight & Positivity

Each year when I attend the Ann Arbor Art Fair I buy a pottery mug for myself or to give as a gift.

This year I bought something very different from one of the merchants.

It speaks to some of the principles I try to abide by and share with my clients.

It's a plaque that now hangs in my office.

I wanted to share it with you.

For many years now I have given psycho-educational workshops on Sunday afternoon at Crazy Wisdom Bookstore in Ann Arbor. This past year I took a break. I have three workshops planned for this Fall. In addition, I am giving a weekend for couples called **Discover A New Way to Love** which is patterned after **Getting the Love You Want** developed by Dr. Harvill Hendrix.

Free Workshops!

at Crazy Wisdom Bookstore
114 S Main Street, Ann Arbor

We Can Train Our Brain for More Positivity & Happiness

Sunday, Sept 20 2 - 4:30pm

Our ancestors needed to be vigilant to avoid danger in order to survive. So we naturally have a negativity bias. Yet we can use the mind to change the brain, to rewire the brain. As human beings, we have the amazing capacity and potential for re-wiring our brains for more positivity and happiness. Come to participate and learn how to savor good experiences. It's possible!

Boundaries of the Self, Learn Ways to Strengthen & Regulate Your Boundaries

Sunday, Nov 22 2 - 4:30pm

Our boundaries provide a sense of self and a sense of security. Come discover more about your boundary challenges. If you are one who has weak personal boundaries, come learn some ways you can begin to create better boundaries. If you are a person who has "walls" around you, come discover how you can relax some of your boundaries when it's appropriate to do so.

Learn About Will Power & How to Get More of It

Sunday, Dec 8 2 - 4:30pm

Carole will share information taken from *The Will Power Instinct, How Self-Control Works, Why It Matters, & What You Can Do to Get More of It* by Kelly McGonigal, PhD. Learn about the new science of self-control and how it can be harnessed to improve our health, happiness, and productivity. For those with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

Want a More Supportive Relationship?

Discover a New Way to Love

a relationship
weekend workshop
for couples



presented by

Carole Kirby, lmsw



- ♥ Confused about where the love went?
- ♥ Afraid to get help & afraid not to get help?
- ♥ Thinking it's all your partner's fault?

Come sooner rather than later!

Oct 23-25, 2015

Wyndham Garden Hotel - 2900 Jackson Ave, Ann Arbor

Fri. 7-10:30pm | Sat. 8:30am-8pm
Sun 8:30am-6pm

Based on the best selling book, ***Getting the Love You Want, A Guide for Couples***, by Harville Hendrix, PhD founder of Imago relationship therapy.

- This intensive weekend for couples will help you discover what is getting in the way of a safe, loving relationship.
- You will understand yourself and your partner better and develop an awareness of how to use your relationship for mutual healing and fulfillment.
- You will learn the importance of focusing on the needs of the relationship rather than your individual needs.
- If you are currently in couples therapy it will turbo charge your work!