



## Peace of Mind

Master that nagging little voice in your head that is trying to rob you of your happiness AND YOUR HEALTH!

## Tell Yourself the Truth

Do you want to be set free from that constant inner negative chatter?

YOU CAN!

BY LEARNING TO TELL YOURSELF THE TRUTH!

## Life-Changing Principles

Break free from: Anger, Depression, Anxiety, Perfectionism and more!



**Women's Learning to Tell Yourself the Truth Workshop. In case you have yet to register...**

**Start date Sabbath, May 18<sup>th</sup> at 3 PM**

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This is the link for the book "Learning to Tell Myself the Truth" by Dr. William Backus. Just copy and paste or click on it and it will bring you to Amazon.ca.

[https://www.amazon.ca/Learning-Myself-Truth-William-Backus/dp/1556612907/ref=asc\\_df\\_1556612907?tag=bingshopdesk-20&linkCode=df0&hvadid=80539318303629&hvnetw=o&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4584138863205877&psc=1](https://www.amazon.ca/Learning-Myself-Truth-William-Backus/dp/1556612907/ref=asc_df_1556612907?tag=bingshopdesk-20&linkCode=df0&hvadid=80539318303629&hvnetw=o&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4584138863205877&psc=1)

This is the link to join the first Zoom Meeting <https://zoom.us/j/92365695082> Meeting ID: 923 6569 5082

**Any questions please reach out to me!**



**Please have chapters one and two of section one read for the first meeting.**