

GOOD NEWS!



Now you can Transform your Emotional Life in just 1 weekend in a safe, loving small group

- **Is pain from your past ruining your present life?**
- **Are you sick and tired of feeling sick and tired?**
- **Are you feeling hopeless, powerless and overwhelmed?**
- **Do you feel flat, and uninspired?**

Learn to let go of your Pain, Anger and Depression, so you can live Happy and Free!

During this powerful experience, learn to:

- Add right-brain Emotional Intelligence (EQ) to your left-brain Knowledge (IQ)
- Heal your painful Past
- Live fully and authentically in the Present
- Create the very best Future we can, together!

"This stuff really works!" - Teri

NewDirectionsWorkshop.com



The ND Workshop Experience

Get the emotional tools you need to:

- ✓ Let go of past trauma, abandonment, violation and abuse
- ✓ Turn the traumas that have haunted you into powerful learning experiences
- ✓ Stop making the same bad life decisions over and over again
- ✓ Fill up with joy, peace and serenity
- ✓ Connect, create intimacy, share and open up (or not!) with your family and friends
- ✓ Make new, healthy friends who support and encourage your happiness, growth and emotional well-being
- ✓ Leave the workshop with a new sense of who you are, how you became you, and how to accept, encourage and even love yourself, from here on.

Joining ND is like getting a lifetime membership to a mental health spa!

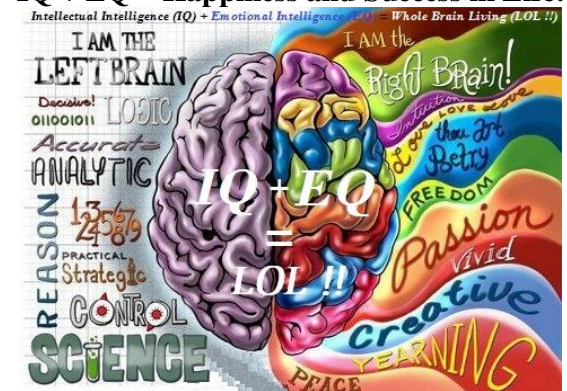
Learn and experience these Simple Steps to Emotional Healing

1. Awareness and Discovery
2. Connect to your Inner Child
3. Acceptance and Appreciation
4. Feel it to Heal it
5. Release & Replace Negatives
6. Adjust Core Belief Systems
7. REJOICE & Celebrate You & EQ!!

How it Works

During the class, we gently take you through a powerful, yet personal process so you can experience your own individual emotional healing, first hand. After the class, you'll be able to understand and accept your feelings, you'll know how to manage and "deal" with each of them, and you'll know that, no matter what life throws you, you'll have the tools to face it and handle it!

IQ + EQ = Happiness and Success in Life!



If you're ready to feel better, contact:

Matt or Paula at:

info@NewDirectionsWorkshop.com

(916) 599-8597

Graduates Share their Successes:

“Never before had I been so aware of the feelings and the power they carried inside me (especially anger and sadness).”

– Patrick

“The most educational experience of my life!”

- J. Fisher, LCSW

“It’s the best seminar of its type that I’ve ever taken in 40 years of working on myself. I highly recommend this introspective course to anyone who really wants to understand what makes them tick.”

- Rev. Don D.

“I’ve been to millions and millions of hours of therapy and I gotta tell you, I thought ND was fantastic -- one of the best experiences I’ve ever had!”

- MM, PhD

"I can't stop telling everyone I know about ND!"

- Heather

Read - watch - listen to ND success stories at:
NewDirectionsWorkshop.com/Testimonials

*Are you ready to feel better,
maybe permanently?*

**Are You Ready to Take a
New Direction in Your Life?**

About Us

For three generations (27 years), New Directions has provided life-changing EQ instruction, environment and skills to over 2,000 people in 4 states. Join our network of graduates, staff and caregivers, committed to learn, connect and grow, together, forever!

Website: www.NewDirectionsWorkshop.com

Facebook: Facebook.com/NewDirectionsWorkshop

Twitter: Twitter.com/MattPerelstein

YouTube: Youtube.com/user/MattAttack777

We’ve Lowered Prices

While most are raising prices, we’re lowering ours for 2014!
1st time student tuition reduced from \$399 to **only \$199**.
Returning students were \$249, now **only \$99**.
Graduate Assistants who return to class to build friendship, help others and practice their EQ tools, 100% FREE, for life!

Before and After-care

Loving, emotional support before and after the workshop:

- Support group on Facebook (private yet, very active)
- Return as a graduate assistant to any future ND
- Sign up for free email training, tips and reminders
- Reunions and gatherings where NDers connect

Contact Us

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Email: Info@NewDirectionsWorkshop.com

To get more info, and to sign up:
NewDirectionsWorkshop.com
Matt or Paula: (916) 599-8597



Call or write for installment & scholarship programs

New Directions Emotional Healing Workshop

How happy are you?

Are you filled with
sadness, anger, fear or depression?

Are you emotionally shut down?

Got issues?

**The ND workshop can help,
emotionally!**



In just one intensive weekend, we can:

Learn to feel.

Learn to release.

Be happy(ier).

Heal our past.

Feel more and feel better!