

# THE ART OF MEANINGFUL LIVING

## Registration Form:

DATE: **JULY 21, 2009**

TIME: **9:30AM-4PM**

LOCATION: **1218 Heights Blvd.  
Houston, TX 77008**

NO. ATTENDEES: \_\_\_\_\_ @ \$129/PERSON

METHOD OF PAYMENT: \_\_\_\_\_ VISA \_\_\_\_\_ MC \_\_\_\_\_ AMEX

CREDIT CARD NUMBER: \_\_\_\_\_

EXP. DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

OR \_\_\_\_\_ CHECK PAYABLE TO CHRISTOPHER BROWN

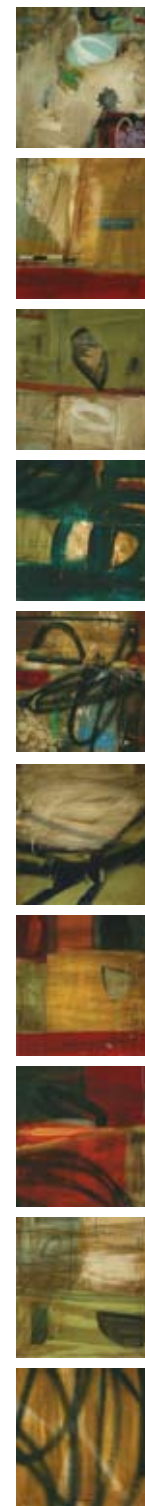
NAME: \_\_\_\_\_

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PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

[www.theartofmeaningfulliving.com](http://www.theartofmeaningfulliving.com)



theartofmeaningfulliving

Christopher F. Brown  
LCSW, MBA

**JUNE 21, 2009**  
**9:30AM-4PM**  
**1218 Heights Blvd.**  
**Houston, TX 77008**

“Meaningful living is choosing your passions over your fears. It is accepting what you cannot control and focusing on what is in your power. Meaningful living is intentional, effective, and respectful. Meaningful lives are built decision by decision, one day at a time.”

Is your life highly rewarding?  
Fulfilling?

Are you following your passions...  
or avoiding your fears?

Are you easily distracted?  
Frustrated? Anxious? Bored?

Are you committed to living  
a life that's right for you?



Christopher F. Brown  
LCSW, MBA

### Design your meaningful life.

This one-day workshop is full of information, skills, and techniques designed to help you turn your life from quiet desperation to passion.

- Sharpen your skills for managing your mind, making decisions, and dealing effectively with other people.
- Take action to build the life you want today.

The **Design Your Meaningful Life** workshop is based on the self-help-meets-coffee-table-collectible **The Art of Meaningful Living**. Author and psychotherapist Christopher F. Brown, LCSW, MBA will lead you through the change process in this dynamic and eye-opening seminar.

- Commit to your meaningful life. Commit to yourself. Sign up today for the experience that can change your life.

### Benefits of Attending

- Build awareness of the patterns in your life and relationships that are keeping you from your meaningful life.
- Reduce your suffering by learning how to accept what you cannot change and change what you can.
- Become resilient by learning how to make your life changes last in spite of resistance from others.
- Make more effective decisions by being reflective and intentional in your choices.
- Eliminate acts of indifference to your life.
- Build accountability for yourself with a follow-up call with seminar leader Christopher F. Brown, LCSW, MBA.

# THE ART OF MEANINGFUL LIVING

**The Art of Meaningful Living** is collaboration with my fellow Houstonian John Palmer. My words and his art illustrate concepts accepted by mental health professionals like

psychiatrists, psychologists and clinical social workers. **The Art of Meaningful Living** is the framework that I often use with the clients in my coaching and psychotherapy practice to help them build the lives they have always wanted.



**The Art of Meaningful Living** can be used in different ways. You can read it cover to cover to get a cohesive narrative or open to a random page and receive helpful information from that specific reading. Through **The Art of Meaningful Living**, you can reflect on certain ideas - including the ten elements of meaningful living. The reflections, found throughout the book, help you examine your own life choices. Use your own imagination to find how the book best works for you. Some things in these pages will be a fit for you and others will not. Take what is helpful and leave what is not. The result will be your meaningful life.