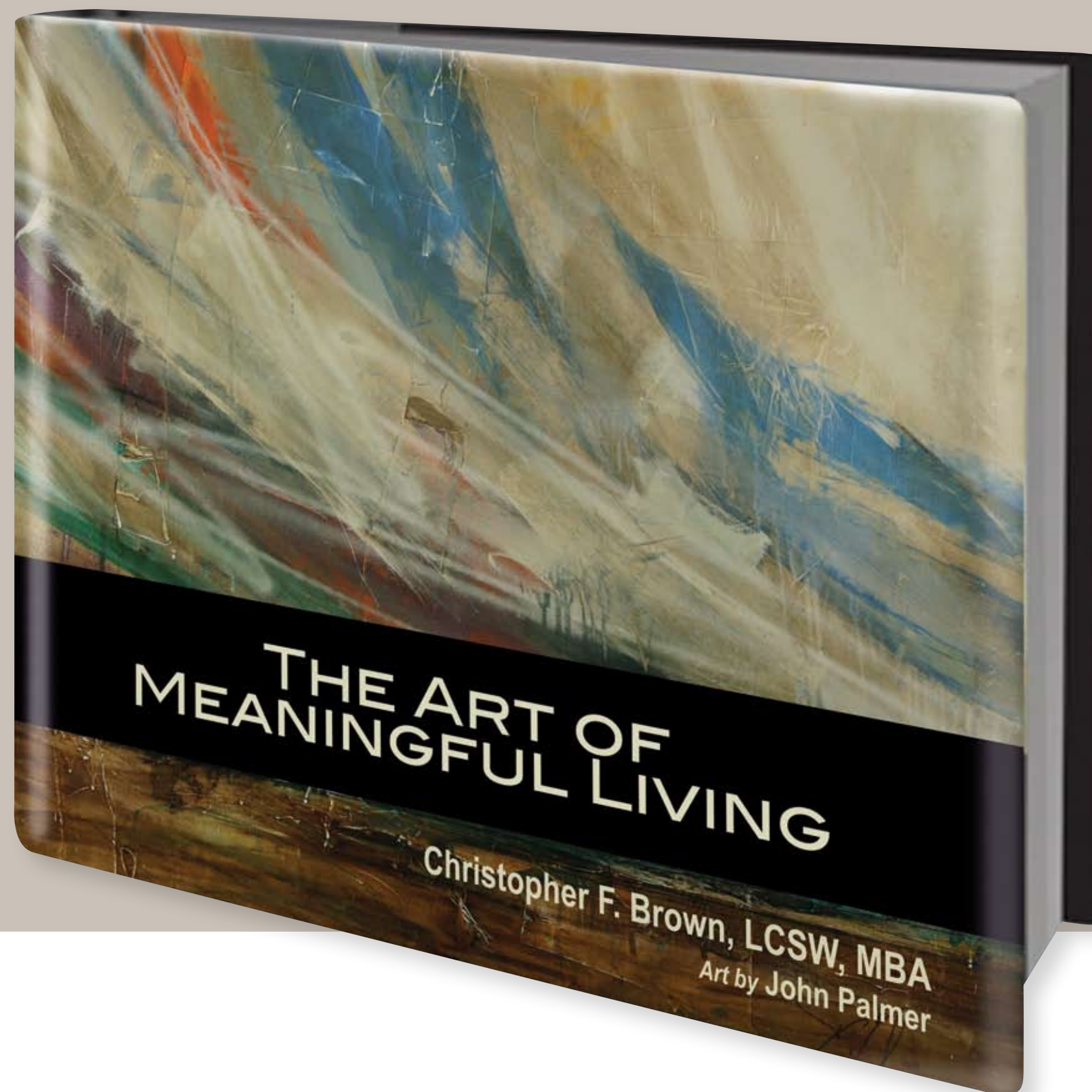


“Meaningful living is choosing your passions over your fears. It is accepting what you cannot control and focusing on what is in your power. Meaningful living is intentional, effective, and respectful. Meaningful lives are built decision by decision, one day at a time.”



THE ART OF MEANINGFUL LIVING

Christopher F. Brown
LCSW, MBA

JULY 21, 2009
9:30 AM-4PM
1218 HEIGHTS BLVD.
HOUSTON, TX 77008

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?

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.

theartofmeaningfulliving.com