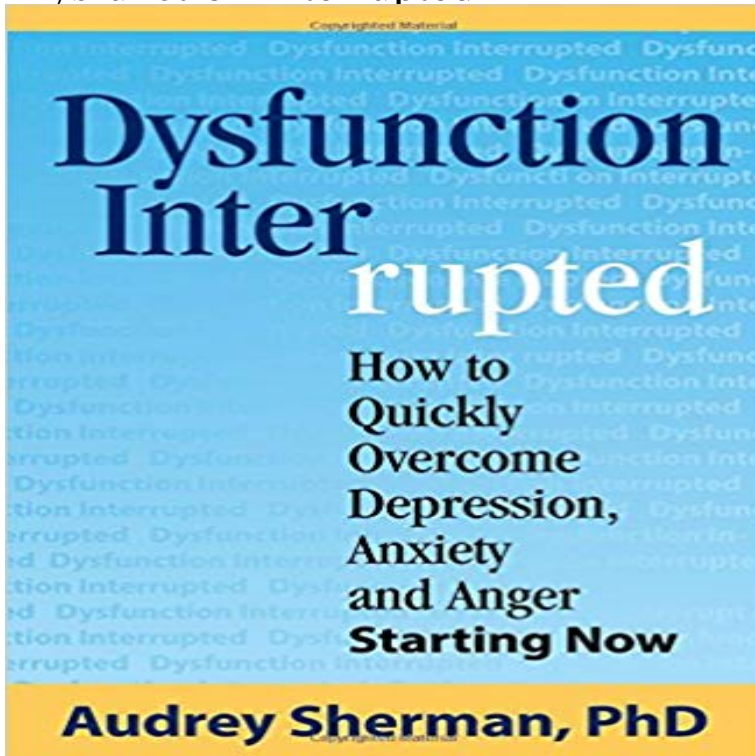


## Dysfunction Interrupted



How Would You like to reinvent your life beginning today? Do you suffer from chronic depression or anxiety? Are you angry much of the time? Do you have a hard time making decisions? Do you experience trouble when you are trying to focus? Do you have ongoing relationship difficulties? Are you unhappy or sad more days than not? If you answered yes to any of these questions, Dysfunction Interrupted is for you. Wouldn't you like to put ANY of these issues to rest and experience joy in your life? Are you tired of carrying around heavy loads of emotional baggage? Wouldn't you like to feel in control of yourself and your life?

Dysfunction Interrupted is a comprehensive self-help program designed to have you feeling better fast. It is based in Cognitive, Developmental and Positive Psychology and addresses not only why you may be suffering based on your past but helps to pinpoint your exact difficulties and provide the solutions you need.

Within, Dr. Audrey Sherman shows men and women that they can have an emotionally successful life including happiness, success and good relationships regardless of dysfunctional pasts, families or experiences. For each of us, there is a connection between our thinking and our emotional worlds. Many that Dr. Sherman has helped had no idea how much their personal history was impacting their current happiness. In Part One, Dr. Sherman lays out how different dysfunctional parenting styles or life experiences may be affecting you today in terms of depression, anxiety and anger. In Part Two, you will learn in detail what these symptoms and problems really mean for you. In Part Three, Dr. Sherman takes you through the program concepts that will change your life! These 9 strategies will have you feeling better more quickly than you could have imagined.

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