

GOOD NEWS!



NewDirectionsWorkshop.com



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

March 21-23, Fort Bragg

April 25-27, Fresno

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

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 unhealthy 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, and others.

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

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

- **Are you ready to learn who you are, and how you got here?**
- **Is your past ruining your present?**
- **Are you getting in your own way?**

**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
- Learn tools to create the very best Future you can!

“This stuff really works!” - Teri

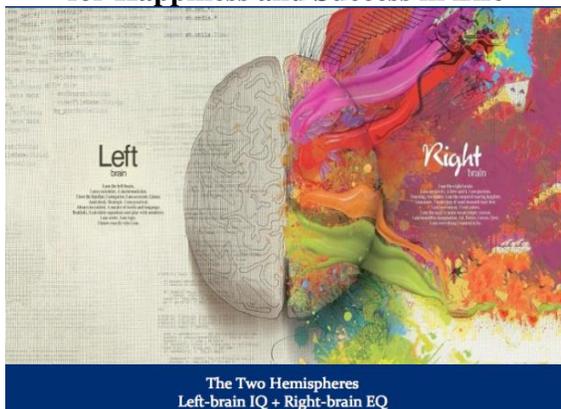
Learn and experience these Simple Steps to Emotional Healing

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

How it Works

In the small class environment, we gently take you through a powerful, yet personal process to experience your own individual emotional healing. After the class, you'll be able to understand and accept your feelings, 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, language and support to face life and WIN!

Add right-brain EQ to your left-brain IQ for Happiness and Success in Life



If you're ready to feel better:

Contact Matt or Paula at:

info@NewDirectionsWorkshop.com
(916) 599-8597

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: 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?

Do you feel loved, and loving?

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

Want more out of life?

The ND workshop can help!



In just one intensive weekend:

Learn to feel.
Learn to release.
Be happy(ier).

Let's heal our past,
so we can live fully in the
present, and create the most
wonderful future we can,
together!