



*Only when we are no longer afraid do we begin to live.
(Dorothy Thompson)*

HOW TO DEAL WITH FEARS

in

Recovery from Eating Distress Workshop

Date: Saturday 20th March 2010

Time: 10am to 4pm

Price: €100 per day

Venue: Marino Therapy Centre

Topics Included:

- Different types of fears
- Role of fears
- Fears & Family
- How to overcome fears
- Fear V Freedom

Limited amount of places

Booking form for *HOW TO DEAL WITH FEARS, 20th March 2010*

Name: _____

Address: -----

Telephone number: _____

Main practitioner: _____

I enclose payment of €100.00 _____