

Do You Suffer From A Poor Self Image...

**Think the Same Thoughts as the Most Effective,
Happy People... And You'll Get the Exact Same
Results in Your Life!**

**You Can Now Replace Fear, Doubt and Frustration With
Confidence, Drive and Willpower... Even If Nothing has Ever
Helped You Before**

The College of Metaphysical Studies course A Practical Approach to Building Self-Worth will be taught on Tuesday evenings at 7:00 beginning April 14th. The class will be held at the CMS Clearwater Campus, 18514 US Highway 19 North. Tuition is \$15.00 per weekly class session with \$45.00 payable at registration and \$45.00 due every 3rd week unless otherwise specified. Special financial arrangements can be made, in advance, on a case---to-case basis. The facilitator is Rev. Marvin Shepherd.

It may seem strange to observers that so few people are happy; so few people enjoy life; and so few people know what to do about their situation. So many appear to have given up and to have reconciled themselves to unhappiness, so many live out their lives in "quiet desperation," and so many attempt to lose themselves in various activities and pursuits. But even stranger is the observation that few persons really think – about themselves, their relationships, their life goals, and "What it's all about." Much of what passes for thinking in everyday life appears to be rationalization, blaming of one's fate or fortunes, projection, self-pity, or even a cleverly presented tirade of jealousy.

Unheeded by many are such wise and timeless truths as the saying by Marcus Aurelius, "Very little is needed to make a happy life; it is all within yourself, in your WAY OF THINKING." To find a way of thinking that will help a person find "that type of fulfillment that will yield joy, serenity, wisdom, creativity, and power – that will enable him to resolve his own personal turbulences, achieve a deep interdependence with his fellow man; and gain a sense of the end for which he was created" has been labeled the eternal search.

This course is not intended for casual reading. It is actually a "work book" for those who are sufficiently unhappy with their present life style to spend the time and effort required to gain peace and happiness. The material presented in this course will enable the reader to cast off the false and destructive concepts, values, beliefs and assumptions that trap one in a quagmire of self-rejection, condemnation, shame, guilt and remorse and keep him from enjoying the beautiful and tantalizing "here and now" – the only living time there is. We hide, we repress, we try desperately to escape from what we perceive to be a chaotic, destructive and "negative" world. Through conscientious study of this material, however, you can revolutionize your life and make it work the way you want it.

If you are to attain the potential benefits, it is necessary that you thoroughly study and thoughtfully question this material with as analytical and unprejudiced a mind as you can muster. It is packed with ideas vitally important to your "feeling good." The efficiency of the following ideas and techniques in increasing our awareness AND in enabling us to build sound self-esteem has been thoroughly tested by all those who have worked with this material. The results have conclusively proven that it is possible to achieve the tremendous benefits of quality self-esteem through this practical program.

**Call 727-538-9976 or email drbarbara@cms.edu for
information or reservations**