



A Living Wisdom One Day Presentation:

David J. Riddell

Author : Counsellor : Speaker

presents:

Taming our

Unruly Emotions

Those unruly moods and emotions; are they an asset or a liability? What drives them? Do we choose them, or are we a slave to them? Why do they push us to react before we think? And when we struggle to celebrate life from under the burden of anxiety or depression, should we look to medicate, or adopt strategies of mindfulness? What is the answer to these ragged moods and emotions? After all, we all have them - for better or for worse!

In this Seminar, Counsellor and Principal of 'Living Wisdom Life Skills' David Riddell shares wisdom and strategies gained from a lifetime of helping people regain mental, emotional and relational health, and shows how faith and psychology can join forces to aid in this struggle.

COMING TO: **Mt Roskill Baptist Church,
485 Richardson Rd, Mt Roskill, Auckland**

ON: **Saturday 23 March - 9:30 a.m. - 4 p.m.**
Bring your lunch - tea/coffee/milo provided.

COSTS: **\$40 per person**

REGISTER: **Online :** www.livingwisdom.co.nz : calendar page
Or **email:** rosemary@livingwisdom.co.nz

Registering your name IS IMPORTANT - pay on the day