

Rethinking Happiness

October 18, 2022

Noon – 1:00 pm

Virtual Session - Microsoft Teams

Remove What Keeps You Stuck

We live in a society that ignores the potential healing in our suffering (i.e. anxiety, sadness, fear, physical illness and pain, anger, etc.). Most systems in America are built on solving issues while ignoring the emotional needs of people. This makes us more stressed and disconnected from ourselves and each other. The truth is there is wisdom in our problems.

If we learn how to care for our problems with a little tenderness and consciousness we will find more creative solutions, more life, more health, and more connection. It is important to examine what keeps us from health and wholeness.

Registration Options:

Register online at <https://bit.ly/OakFit-RethinkHappiness>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473



Julie Booksh

Julie Booksh helps people create more inner and outer freedom and wholeness. She is dedicated to living her truth and following her own personal path (despite the challenges that come with that) and helping others do the same as a therapist, speaker and coach. Learning to treat trauma, fears and hurts with tenderness has been a very important part of her journey.

In 2009, she completed her Master's degree in Counseling and Marriage and Family Therapy. She has consulted with countless groups ranging from global corporations to universities to wellness spas, teaching classes on self-care and ever-expanding personal growth. Her hope is to help others connect more deeply to themselves and handle inner and outer conflict with greater awareness and care.

