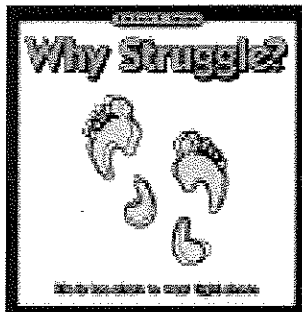


Why Struggle?



life is too short to wear tight shoes

This class is for you if you:

- Struggle with embracing change
- Struggle with being still and being silent
- Struggle with forgiving yourself or others

Some of what you will learn:

- How your beliefs are affecting your personal growth
- To embrace challenges as opportunities to learn and grow
- Techniques for embracing change
- How to use meditation and quiet time as a tools for spiritual practice
- To create affirmations and prayers

Why Struggle? Life is too short to wear tight shoes is a book that encourages you to accept life for what it is - an unpredictable journey. This course helps you with appreciating the value of silence, being grateful and forgiving yourself and others along with other life philosophies that will help you on your personal path.

Come join us in a mutually supportive environment where we will explore, share and grow as we embrace this experience called life! Email me at Barbara@dontstress.net to RSVP. Read excerpts at www.dontstress.net.

Course Details: Registration 10/15 and 10/22 in the church lobby

Dates: 10/15/08 – 12/20/08 (10 weeks)
Every Wednesday

Time: 7:00 - 8:30pm

Location: Hillside International Truth Center
2450 Cascade Rd, SW
Atlanta, GA 30311
Life Room- 2nd floor

Contact: 404-983-3417 – cell phone

Cost: \$15 registration + love offering

Book: \$9.95- available at the bookstore
when you arrive