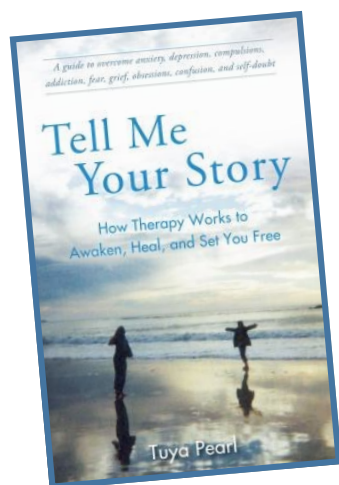


San Clemente Library presents:

“How to Be Our Happiest Selves:

Keys to Overcoming the Anxiety, Depression, and Everyday Struggles that Keep Us From Living Our Best Lives!”

Saturday, May 6, 2017 | 10:00 am—11:30 am



WHY are we so stressed?
WHAT can we do about it?
HOW do we heal anxiety and depression?
KEYS to creating our healthiest, happiest lives.

Presenter: Tuya Pearl, OC resident, licensed psychotherapist, and award-winning author. Tuya’s book, *Tell Me Your Story: How Therapy Works to Awaken, Heal, and Set You Free* is the Winner of the Best Book Award for Psychology and Mental Health, Finalist for the Best New Non-Fiction Book of the Year by USA Best Book Awards, and a Foreword’s Indies Book of the Year Finalist for psychology.

May is Mental Health Awareness Month

One in five adults in the U.S.,— 43.8 million of us— will experience a mental illness in a given year; most won’t get treatment. It’s time to bring effective treatment out from behind closed doors to create healthier, happier lives.