

From The Pen Of *Barbara J. Levy*



July 13, 2011

What Your Life, Your Health Work Shop Meant To Me:

Dear Leslie Ann,

Having attended a six weeks workshop pertaining to my life and my health meant a great deal to me because I was given the ability and task to get my life back in order again.

My problems started fifteen years ago when my husband died. I gave up on doing the things that I normally did and let the concerns and cares of my life slip away.

I thought I was doing fine and that everything appeared normal to me until I enrolled in the health workshop and realized I needed help. I needed to take charge of my life again.

There is an old saying, "when the student is ready, the teacher will appear". Thank you Leslie Ann and Susan and Joe for helping me to get my life on track again by introducing me to the workshop.

The topics were of great interest and after the third session, things began to be put into proper perspective; the pendulum swung in the normal direction and that's when I knew I was getting back on track and began to focus on taking charge of my life.

Certain topics didn't pertain to me such as medication, spousal partnership and depression.

The fact that I am now capable of fulfilling the desires that gave me joy and pleasure is the reward of taking charge of my life which was the intent of this six weeks course.

I want to thank the initiators and developers of this program. I want to thank the staff for making each topic very interesting and for the wonderful way they conducted the class. My life has begun to feel focused and gratifying.

With Deepest Gratitude,

Barbara Levy
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Except The Lord Build The House, They Labor In Vain That Build It