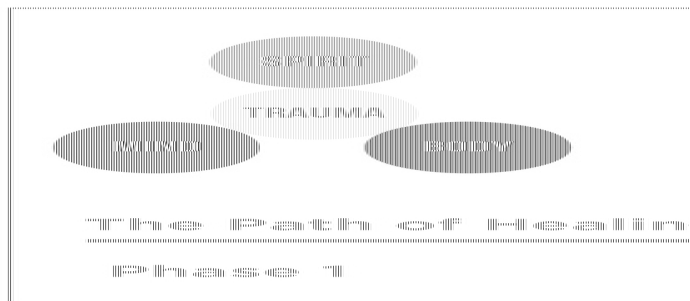


Hello, Fall Season. In these times when there has been another terrorizing human event for the Israeli community, and now innocent Palestinian lives lost, it can feel hopeless and divisive. It can be tempting to become more angry, blame leaders, take sides, or become despondent. Viktor Frankl's wisdom is one of my favorite references in these times. In his book, *Mans Search for Meaning*, he describes the power of choice as the antidote to great suffering.

**What choices do you have in this moment, on this day and in your future? When we identify our choices we can move towards freedom and, if possible, take action for what is in alignment with our values.**

**The Thriving Self is now available at Barnes & Noble and Amazon! Click below.**

Amazon  
or  
Barnes & Noble



## The Path from Suffering to Thriving

Starts with identifying where we are

suffering the most to bring conscious awareness to the impact in our mind, body and spirit.

**Phase 1:** Is when we either avoid the trauma/suffering impact on our life or it is compartmentalized and sneaks up on us and takes us over.

**Phase 2:** Is when we first start to address it and recognize the impact it has on our mind, body and spirit.

In **Phase 3:** we have the courage to really face it and work to release the impact it has on our mind, body and spirit.

In **Phase 4,** we thrive. We thrive by recognizing our trauma and suffering made us who we are and it is integrated into our life and we can move beyond it.

Where are you on your healing journey?

- For more information, click here: [Thriving](#)

## 1:1 Intensives, New Hours & Workshops

**1:1 Intensives are powerful:** This intensive approach



may be best suited for you if:

- \* you have done a lot of healing work already and interested in the 1:1 intensive immersion
- \* you are interested in a jump start to your healing journey
- \* you are seeking an expedited experience of resolving some level of suffering you have
- \* you are interested in finding more breakthroughs to help

you thrive

1:1 Intensives are either:

Extended (2.5 hours), Half Day (4 hours) or Full Day (8 hours). For more information, click here: [Services](#)]

### **2024 New Hours:**

Due to the increase interest in 1:1 Intensives, starting in 2024, I am only offering classic 1 hour time slots 2 days a week. My new schedule is 1:1 Intensives: Monday and Thursdays. Psychotherapy (50-minute Sessions): Tuesday and Wednesdays. There are some exceptions.

### **Workshop retreats:**

There is powerful healing that emerges out of workshops where we share our journey with others. Sometimes this has been the missing elixir on our healing journey. If you are resistant to doing a workshop, that is likely a sign you need it!!! Here are workshops available in 2024. CEU's available too.

- 1) Intro: Healing Trauma - Basic Somatic Skills and Tools (Next one, March 2024)
- 2) Trauma & Healing - Trauma Mind, Body and Spirit (Next one, March 2024)
- 3) Surviving Trauma - Core Wounds, Stuck Patterns and Recovery (Next one, February 2024)
- 4) The Thriving Self ©:Thriving Beyond Trauma - Mindfulness, Over-Competent Override © and Authentic Goals. (Next one, September, 2024)

For more information, click here: [Workshops](#)

**In Healing,  
Karen @ The Thriving Self**



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