



Reconnect Relationship & Dr. Gilbert Chalepas

Direct Response Campaign

Constantly Arguing? Headed for Divorce?

You want things to change but don't know how to go about it.
You tried to fix it on your own without success.

Get your relationship back on track. Learn how to:

- Resolve feelings of anger, jealousy and resentment
- Stop fighting and learn relationship skills that work
- Overcome anxiety, depression and loss
- Manage through life transitions
- Develop more effective ways to get what you want

Offices in Laguna Beach and Beverly Hills or via Skype

Call now for
a **FREE session!**

+1 (310) 500 8442

LagunaPsychologist.com
DrGilbert@DrGilbert90210.com

Dr. Gilbert can teach you how to better communicate while making your relationship a priority, tackle sex and intimacy issues, and develop skills to better handle conflict.

Is Couples Therapy Right for You?

You are not ready to call it quits, but clearly your relationship is deteriorating. If something does not change soon, you fear you'll be headed for divorce. You want things to change and realize you need help. Dr. Gilbert can teach you how to:

- Make your relationship a priority and get it back on track
- Feel more connected, appreciated and heard
- Cope with an affair and restore trust
- Turn anger and resentment into constructive dialogue
- Avoid using food, drugs or alcohol to cope
- Express your feelings and opinions without fear

You Are Not Alone

The first step in getting your relationship back on track is for Dr. Gilbert to help you stop the constant arguing and knit-picking, begin a constructive dialogue to identify the major points of contention and establish workable solutions through balanced compromise and mutual respect.

Offices in Laguna Beach and Beverly Hills or via Skype

Call now for
a **FREE session!**

+1 (310) 500 8442

LagunaPsychologist.com
DrGilbert@DrGilbert90210.com

Direct Response Campaign

Is your relationship on thin ice?
Feeling stuck and overwhelmed?
Avoiding sex with your mate?

It's time to make a change.

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression & loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

Call now for
a **FREE** and
confidential
consultation!

+1 (310) 500 8442

DrGilbert@DrGilbert90210.com

www.LagunaPsychologist.com

Offices in Beverly Hills and Laguna Beach or via Skype

Is Low Self-Esteem Sabotaging Your Life?

Can't make a decision and stick to it? Difficulty expressing feelings and opinions? Continually comparing yourself to others? Feeling inadequate? Low self-esteem can damage your relationships with your spouse, family and friends. It can even affect your outlook. Low self-esteem also triggers feelings of worry.

You Are Not Alone

Almost everyone suffers from low self-esteem at some point in their lives.

Road To Recovery

The first step is to develop skills to better manage stress. Dr. Chalepas will also teach you how to feel more confident and experience more sustained, long-term happiness.

To get started visit **www.LagunaPsychologist.com** or call **+1 (310) 500 8442**.

I am not a therapist who sits quietly and takes notes. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

PRE-SORTED
STANDARD
U.S. POSTAGE
PAID
Ft. Lauderdale, FL
Permit No. 1856

Direct Response Campaign

Does your spouse control you with money?
Worried about losing your social status and being
traded in for a new model?
Think a scalpel is the answer to your problems
and insecurities?

It's time to make a change.

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression & loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want

Call now for
a **FREE** and
confidential
consultation!

+1 (310) 500 8442
DrGilbert@DrGilbert90210.com

www.LagunaPsychologist.com
Offices in Beverly Hills and Laguna Beach or via Skype



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

Is Low Self-Esteem Sabotaging Your Life?

Can't make a decision and stick to it? Difficulty expressing feelings and opinions? Continually comparing yourself to others? Feeling inadequate? Low self-esteem can damage your relationships with your spouse, family and friends. It can even affect your outlook. Low self-esteem also triggers feelings of worry.

You Are Not Alone

Almost everyone suffers from low self-esteem at some point in their lives.

Road To Recovery

The first step is to develop skills to better manage stress. Dr. Chalepas will also teach you how to feel more confident and experience more sustained, long-term happiness.

To get started visit www.LagunaPsychologist.com or call **+1 (310) 500 8442**.

I am not a therapist who sits quietly and takes notes. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

PRE-SORTE
STANDARD
U.S. POSTAGE
PAID
Ft. Lauderdale,
Permit No. 18

Direct Response Campaign

Obsessed with perfection?

Feel exhausted trying to maintain an image to impress your friends and foes?

Turning to eating, shopping, pills or alcohol to escape?

It's time to make a change.

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression & loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want

Call now for a **FREE** and **confidential** consultation!

+1 (310) 500 8442

DrGilbert@DrGilbert90210.com

www.LagunaPsychologist.com

Offices in Beverly Hills and Laguna Beach or via Skype



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

Is Low Self-Esteem Sabotaging Your Life?

Can't make a decision and stick to it? Difficulty expressing feelings and opinions? Continually comparing yourself to others? Feeling inadequate? Low self-esteem can damage your relationships with your spouse, family and friends. It can even affect your outlook. Low self-esteem also triggers feelings of worry.

You Are Not Alone

Almost everyone suffers from low self-esteem at some point in their lives.

Road To Recovery

The first step is to develop skills to better manage stress. Dr. Chalepas will also teach you how to feel more confident and experience more sustained, long-term happiness.

To get started visit www.LagunaPsychologist.com or call +1 (310) 500 8442.

I am not a therapist who sits quietly and takes notes. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

PRE-SORTED
STANDARD
U.S. POSTAGE
PAID
Ft. Lauderdale, FL
Permit No. 1856

Direct Response Campaign

**Trouble sleeping?
Always worried and stressed?**

**It's time to make a change.
Achieve a more balanced and rewarding life.™**

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression & loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want

**Call now for
a FREE and
confidential
consultation!**

+1 (310) 500 8442

DrGilbert@DrGilbert90210.com

www.DrGilbert90210.com

Offices in Beverly Hills, Laguna Beach and via Skype



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

Is Low Self-Esteem Sabotaging Your Life?

Can't make a decision and stick to it? Difficulty expressing feelings and opinions? Continually comparing yourself to others? Feeling inadequate? Low self-esteem can damage your relationships with your spouse, family and friends. It can even affect your outlook. Low self-esteem also triggers feelings of worry.

You Are Not Alone

Almost everyone suffers from low self-esteem at some point in their lives.

Road To Recovery

The first step is to develop skills to better manage stress. Dr. Chalepas will also teach you how to feel more confident and experience more sustained, long-term happiness.

To get started visit **www.DrGilbert90210.com** or call **+1 (310) 500 8442**.

I am not a therapist who sits quietly and takes notes. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

Direct Response Campaign

Feeling stuck and frustrated?
Struggling to build relationships?
Are self-help books not working?

It's time to make a change.
Achieve a more balanced and rewarding life.™

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression & loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want

Call now for
a **FREE** and
confidential
consultation!

+1 (310) 500 8442
DrGilbert@DrGilbert90210.com

www.DrGilbert90210.com
Offices in Beverly Hills, Laguna Beach and via Skype



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

Is Low Self-Esteem Sabotaging Your Life?

Can't make a decision and stick to it? Difficulty expressing feelings and opinions? Continually comparing yourself to others? Feeling inadequate? Low self-esteem can damage your relationships with your spouse, family and friends. It can even affect your outlook. Low self-esteem also triggers feelings of worry.

You Are Not Alone

Almost everyone suffers from low self-esteem at some point in their lives.

Road To Recovery

The first step is to develop skills to better manage stress. Dr. Chalepas will also teach you how to feel more confident and experience more sustained, long-term happiness.

To get started visit www.DrGilbert90210.com or call **+1 (310) 500 8442**.

I am not a therapist who sits quietly and takes notes. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

Direct Response Campaign

Trouble expressing your true feelings?
Taken for granted, ignored
or bossed around?

It's time to make a change.
Achieve a more balanced and rewarding life.™

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression & loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want

Call now for
a **FREE** and
confidential
consultation!

+1 (310) 500 8442
DrGilbert@DrGilbert90210.com

www.DrGilbert90210.com
Offices in Beverly Hills, Laguna Beach and via Skype



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

Is Low Self-Esteem Sabotaging Your Life?

Can't make a decision and stick to it? Difficulty expressing feelings and opinions? Continually comparing yourself to others? Feeling inadequate? Low self-esteem can damage your relationships with your spouse, family and friends. It can even affect your outlook. Low self-esteem also triggers feelings of worry.

You Are Not Alone

Almost everyone suffers from low self-esteem at some point in their lives.

Road To Recovery

The first step is to develop skills to better manage stress. Dr. Chalepas will also teach you how to feel more confident and experience more sustained, long-term happiness.

To get started visit www.DrGilbert90210.com or call **+1 (310) 500 8442**.

I am not a therapist who sits quietly and takes notes. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

Advertising Campaigns



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

**Is your relationship on thin ice?
Stuck and overwhelmed? Avoiding sex?
It's time to make a change.**

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Develop dating skills to find true love

I am not a therapist who sits quietly. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

Call now for a FREE and confidential consultation!

+1 (310) 500 8442
www.LagunaPsychologist.com
DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

**Trouble expressing your true feelings?
Afraid to rock the boat and ending up alone?
It's time to make a change.**

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Learn relationship skills that work

I am not a therapist who sits quietly. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

Call now for a FREE and confidential session!

+1 (310) 500 8442
www.LagunaPsychologist.com
DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype

Advertising Campaigns



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

**Fighting over money, sex or chores?
Not making your relationship a priority?**

It's time to make a change.

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Learn relationship skills that work

I am not a therapist who sits quietly. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

Call now for a FREE and confidential session!

+1 (310) 500 8442
www.LagunaPsychologist.com
DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

**Coping with an affair?
Feeling alone and disconnected?**

It's time to make a change.

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Learn relationship skills that work

I am not a therapist who sits quietly. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

Call now for a FREE and confidential session!

+1 (310) 500 8442
www.LagunaPsychologist.com
DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype

Advertising Campaigns



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

**Lost the spark you once shared?
In a boring relationship?
Feeling stuck and hating it?**

It's time to make a change.

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Learn relationship skills that work

I am not a therapist who sits quietly. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

Call now for a FREE and confidential session!

+1 (310) 500 8442
www.LagunaPsychologist.com
DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

Struggling to find and keep a loving relationship? Given up on finding "the right one" for you?

It's time to make a change.

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Learn relationship skills that work

I am not a therapist who sits quietly. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

Call now for a FREE and confidential session!

+1 (310) 500 8442
www.LagunaPsychologist.com
DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype

Advertising Campaign



Gilbert Chalepas, PsyD
Clinical Psychologist PSY 23708

**Feeling stuck and frustrated?
Struggling to build relationships?
Are self-help books not working?**

It's time to make a change.

Don't suffer alone. Tame your fears and learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Learn relationship skills that work

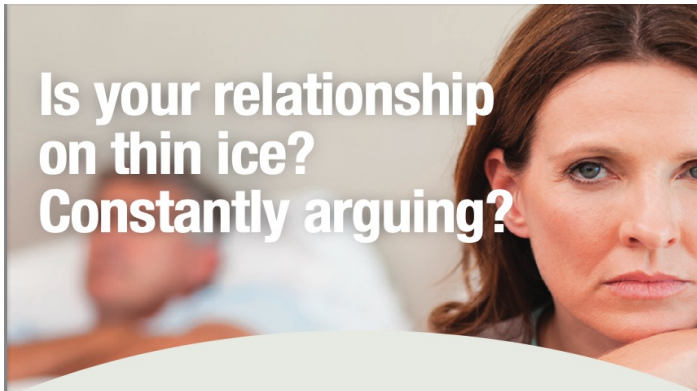
I am not a therapist who sits quietly. I work in a very collaborative and participatory manner. You'll get constant feedback, advice and valuable life skills in each session.

**Call now for
a FREE and
confidential
session!**

+1 (310) 500 8442
www.LagunaPsychologist.com
DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype

Advertising Campaigns



Is your relationship
on thin ice?
Constantly arguing?

It's time to make a change.

Don't suffer alone.

Tame your fears and learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Learn relationship skills that work

Call now for a FREE confidential session!

+1 (310) 500 8442

LagunaPsychologist.com • DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype



Trouble sleeping?
Always worried
and stressed?

It's time to make a change.

Don't suffer alone.

Tame your fears and learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Learn relationship skills that work

Call now for a FREE confidential session!

+1 (310) 500 8442

LagunaPsychologist.com • DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype

Advertising Campaigns



**Fighting over money,
sex or chores?
Neglecting your
relationship?**

It's time to make a change.

Don't suffer alone.

Tame your fears and learn how to:

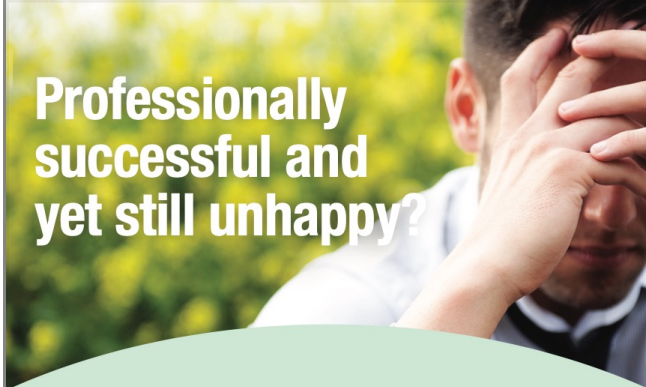
- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Learn relationship skills that work

Call now for a FREE confidential session!

+1 (310) 500 8442

LagunaPsychologist.com • DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype



**Professionally
successful and
yet still unhappy?**

It's time to make a change.

Don't suffer alone.

Tame your fears and learn how to:

- Overcome anxiety, depression and loss
- Conquer self-esteem and assertiveness issues
- Manage through life transitions
- Develop more effective ways to get what you want
- Learn relationship skills that work

Call now for a FREE confidential session!

+1 (310) 500 8442

LagunaPsychologist.com • DrGilbert@DrGilbert90210.com

Offices in Laguna Beach and Beverly Hills or via Skype

Advertising Campaigns



Ready To Make
A Change?
You're Not Alone.

**Weekly Group Now Forming
Only \$45 Per 90-Minute Session***

During weekly sessions, talk openly and confidentially about your work, romance, sex, friends, family, your goals and dreams, fears and challenges. An affordable, fun and safe environment where you can get expert insight, personalized feedback and practical advice.

Is Therapy Right for You?

You want things to change but don't know how to go about it and just feel stuck. With 15+ years experience, Dr. Gilbert can teach you how to tame your fears, develop relationship skills that work, find more effective ways to get what you want and better manage through life transitions.

Call Now: +1 (310) 500 8442

* Complementary consultation required to meet group requirements and ensure psychotherapy is right for you.

LagunaPsychologist.com DrGilbert@DrGilbert90210.com
Offices in Laguna Beach and Beverly Hills or via Skype



Ready To Make
A Change?
You're Not Alone.

**Weekly Group Now Forming
Only \$45 Per 90-Minute Session***

During weekly sessions, talk openly and confidentially about your work, romance, sex, friends, family, your goals and dreams, fears and challenges. An affordable, fun and safe environment where you can get expert insight, personalized feedback and practical advice.

Is Therapy Right for You?

You want things to change but don't know how to go about it and just feel stuck. With 15+ years experience, Dr. Gilbert can teach you how to tame your fears, develop relationship skills that work, find more effective ways to get what you want and better manage through life transitions.

Call Now: +1 (310) 500 8442

* Complementary consultation required to meet group requirements and ensure psychotherapy is right for you.

LagunaPsychologist.com DrGilbert@DrGilbert90210.com
Offices in Laguna Beach and Beverly Hills or via Skype



Ready To Make
A Change?
You're Not Alone.

**Weekly Group Now Forming
Only \$45 Per 90-Minute Session***

During weekly sessions, talk openly and confidentially about your work, romance, sex, friends, family, your goals and dreams, fears and challenges. An affordable, fun and safe environment where you can get expert insight, personalized feedback and practical advice.

Is Therapy Right for You?

You want things to change but don't know how to go about it and just feel stuck. With 15+ years experience, Dr. Gilbert can teach you how to tame your fears, develop relationship skills that work, find more effective ways to get what you want and better manage through life transitions.

Call Now: +1 (310) 500 8442

* Complementary consultation required to meet group requirements and ensure psychotherapy is right for you.

LagunaPsychologist.com DrGilbert@DrGilbert90210.com
Offices in Laguna Beach and Beverly Hills or via Skype

Blog & Advertising Campaign

How to Quickly Boost Sex and Intimacy in Your Relationship

Rekindling the spark takes work. Here are some foolproof ways to keep the fire burning:

Bring Back Date Night

Rekindle the romance. Commit to spending one night a week as a loving, sexy couple having fun.

Give Frequent Compliments

Forget nitpicking and nagging. Tell your sweetheart how much you love, appreciate and admire him/her regularly. You will both soon reap immense benefits.

Be Confident

There's nothing sexier or hotter than confidence. When you feel good in your own skin, everyone knows it and respects you.

Let Your Smile Be Your Best Asset

When you smile, your face inevitably looks better, plus it's contagious. Smiling reduces stress and anxiety, releases endorphins and strengthens your immune system.

Connect with Each Other

Turn off the TV, cell phones, laptops and Xboxes. Jump in the shower together, give each other a backrub, play a board game, read a sexy novel together, or go for a walk holding hands.

Be Thoughtful and Considerate

Show your love and appreciation by helping with chores; surprise him/her with something nice and unexpected. When your partner feels truly loved by you, miracles happen.

Hit the Gym

Exercise not only benefits your body, but it is also beneficial for your nervous system and brain as well. It reduces stress, which gets you "in the mood" by increasing blood flow to all the right places. Make an effort to always look and smell your best.

Show Interest in Your Sweetheart's Day

Make it a habit, and be willing to share some of your day. Just be sure to ease up and limit your complaints. Become a sounding board and confidante.

Pick Your Battles

Where you have dinner or which movie you see is not important, as long as you're holding hands, connecting emotionally and having a great time. Learn to negotiate so you can both take turns getting your way.

Get Physical

Dedicate an hour regularly to trying something fun and new. Experiment with new positions, incorporate some toys, watch a sexy movie, talk about what turns you on and especially how you'd like to be pleased.

Keeping your relationship fresh and exciting takes work and sometimes you need professional help to get it back on track. Dr. Gilbert can help make your relationship a priority so you feel more connected, appreciated and heard. You'll enjoy life more when you feel connected. To get started and sign up for a FREE newsletter, visit www.ReconnectRelationship.com.



Constantly Arguing?



You're not ready to call it quits, but your relationship is deteriorating. You want things to change and realize you need professional help.

Get Your Relationship Back on Track.

Learn How To:

- Resolve feelings of anger, jealousy and resentment
- Stop fighting and learn relationship skills that work
- Express your feelings and opinions without fear
- Cope with an affair and restore trust
- Feel more connected, appreciated and heard

Call now for a FREE session!

+1 (310) 500 8442

ReconnectRelationship.com

Offices in Laguna Beach and Beverly Hills or via Skype
DrGilbert@ReconnectRelationship.com

Blog & Advertising Campaign

The Eight Best Secrets to Staying Happy



Are you waiting for happiness to find you or are you willing to create it? There are multiple roadblocks to happiness, so avoid them at all costs. These secrets are simple, yet not easy, so they will take some work on your part.

Avoid Pointless Worrying and Guilt

It's a hamster wheel that's exhausting, and you're not going anywhere. Use your energy to problem-solve instead. Commit to letting go of anything you cannot change.

Avoid Holding on to Anger and Old Grudges

It's as if you're allowing poison to take over your system, yet expecting someone else to suffer. It doesn't work that way. You'll be the only one who is hurt. Learn to let go and move on.

Avoid Focusing on What's Missing

When you're negative and pessimistic you only see flaws and shortcomings. Instead, be appreciative of what you already have. In life, you can choose to be grateful or depressed, but not both.

Avoid Trying to Control Every Outcome

Instead of trying to always be right, work on being happy.

Avoid Eating Unhealthy, Not Exercising and Running Your Body Ragged

When you don't get enough sleep and don't care how you treat your body or what you put into it, you can't expect to perform like a prized racehorse.

Avoid Negative People

Whenever possible, minimize contact. Expand and diversify your social circle. Negativity is contagious and boring.

Avoid Focusing on Pleasing Everyone but You

Accept who you are and make the best of it. Remember, you are an original, therefore, don't act like a cheap copy.

Avoid Expecting Perfection

Instead get started. It won't be perfect, so what? Version one is far better than version none!

Feeling happy and at peace with yourself takes work, and sometimes you need professional help to get back on track. The first step to sustained long-term happiness is for Dr. Gilbert to help you feel more connected and secure in both your relationships and in who you are. You'll enjoy life more when you feel connected. To get started and sign up for a FREE newsletter, visit www.ReconnectRelationship.com.

Ready to Make a Change? You're Not Alone.

Weekly Group Now Forming Only \$45 Per 90-Minute Session*

During weekly sessions, talk openly and confidentially about your work, romance, sex, friends, family, your goals and dreams, fears and challenges in an affordable, fun and safe environment where you can get expert insight, personalized feedback and practical advice.

Is Therapy Right for You?

You want things to change but don't know how to go about it. In other words, you just feel stuck. Dr. Gilbert can teach you how to tame your fears, develop relationship skills that work, find more effective ways to get what you want while better managing life's transitions.

Call Now: +1 (310) 500 8442

ReconnectRelationship.com

*Complementary consultation is required to meet group requirements and ensure that psychotherapy is right for you.

DrGilbert@ReconnectRelationship.com

Offices in Laguna Beach and Beverly Hills or via Skype

Advertising Campaigns



**Constantly Arguing?
Headed for Divorce?**

You're not ready to call it quits, but your relationship is deteriorating. You want things to change and realize you need professional help.

Get Your Relationship Back on Track.

Learn How to:

- Resolve feelings of anger, jealousy and resentment
- Stop fighting and learn relationship skills that work
- Express your feelings and opinions without fear
- Cope with an affair and restore trust
- Feel more connected, appreciated and heard

Call now for a FREE session!

+1 (310) 500 8442

LagunaPsychologist.com

Offices in Laguna Beach and Beverly Hills or via Skype



**Constantly Arguing?
Headed for Divorce?**

You're not ready to call it quits, but your relationship is deteriorating. You want things to change and realize you need professional help.

Get Your Relationship Back on Track.

Learn How to:

- Resolve feelings of anger, jealousy and resentment
- Stop fighting and learn relationship skills that work
- Express your feelings and opinions without fear
- Cope with an affair and restore trust
- Feel more connected, appreciated and heard

Call now for a FREE session!

+1 (310) 500 8442

LagunaPsychologist.com

Offices in Laguna Beach and Beverly Hills or via Skype



Constantly Arguing?

You're not ready to call it quits, but your relationship is deteriorating. You want things to change and realize you need professional help.

Get Your Relationship Back on Track.

Learn How To:

- Resolve feelings of anger, jealousy and resentment
- Stop fighting and learn relationship skills that work
- Express your feelings and opinions without fear
- Cope with an affair and restore trust
- Feel more connected, appreciated and heard

Call now for a FREE session!

+1 (310) 500 8442

ReconnectRelationship.com

Offices in Laguna Beach and Beverly Hills or via Skype
DrGilbert@ReconnectRelationship.com

Advertising Campaigns



Enjoy Life More When You Feel Connected

Dr. Gilbert can teach you how to build stronger, more loving and meaningful relationships that last.

- Develop more effective ways to communicate
- Learn to manage through life transitions
- Discover relationship skills that work
- Obtain expert insight and practical advice

Call now for a FREE session!
+1 (310) 500 8442

LagunaPsychologist.com - DrGilbert@DrGilbert90210.com
Offices in Laguna Beach and Beverly Hills or via Skype



Enjoy Life More When You Feel Connected

Dr. Gilbert can teach you how to build stronger, more loving and meaningful relationships that last.

- Develop more effective ways to communicate
- Learn to manage through life transitions
- Discover relationship skills that work
- Obtain expert insight and practical advice

For a complimentary consultation, call +1 (310) 500 8442

LagunaPsychologist.com • DrGilbert@DrGilbert90210.com
Offices in Laguna Beach and Beverly Hills or via Skype Clinical Psychologist PSY23708