



Where's My Sanity?

Come and hear **Westwood Resident, Dr. Claudia Luiz**, author of “Where's My Sanity? **Stories that Help**” talk about the emotional experiences that create change, and where to find them.

WEDNESDAY, MAY 28, 7.30 p.m.

WESTWOOD LIBRARY

660 High Street

Admission free

Tel. 781 320 1045

When strong negative forces overwhelm our lives, sanity can't be found in the usual places. We can't find sanity trying to be more reasonable, more positive, by letting go, forgiving or by trying harder. To find sanity, we need emotional experiences. Not ideas. Experiences. Claudia Luiz's stories reveal what those experiences are, and where to find them. Available now on Amazon: <http://www.amazon.com/dp/B00EDYLJCC>

Claudia Luiz, PsyD, is a psychoanalyst in private practice. In her blogs, book, column & practice, she specializes in translating the convoluted world of mental health jargon and clichés into meaningful language. A graduate of Harvard University & the Boston Graduate School of Psychoanalysis, Dr. Luiz is also the 2008 first-place winner of the Phyllis Meadow Award for Excellence in Psychoanalytic Writing & the 2010 first-place winner of the Writer's Digest Best Writer's Website Award.