

SOULGROWTH SOLUTIONS

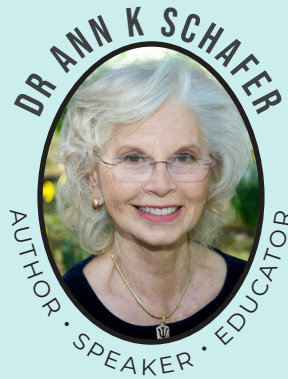
Thrive in a Changing World
and
Access More Joy & Healing

Use your 4-Part GPS Guide to:

- Identify "Inner Child" Energies and understand how they were created
- Calm, Transform & Harmonize "Inner Child" Energies
- Reduce Stress & Trauma
- Manage Conflicts by Exploring "Inner Space" & Developing Emotional Regulation

by
Dr Ann K Schafer
Psychologist

"A Stretch
not a
Shrink"



DR ANN K SCHAFER
AUTHOR • SPEAKER • EDUCATOR

Dr Roberto Assagioli's Legacy

A Bio-Psycho-Social process

SoulGrowth Guide:

Transforming inner life challenges is aided by using the 4 "Inner Space" vehicles below (Mind, Body, Emotions, Spirit). Each "vehicle" contains a specialized GPS that adds stability and strength, thus unlocking your Highest and Best potential.

Assagioli's Heroic Journey:

Born of Jewish heritage, this brave physician was jailed in 1940 for the high crime of praying for peace in public. During his 27 days in isolation Assagioli wrote "Freedom in Jail." This treatise outlined how he changed his own attitude and perspective from the inside out.

Assagioli later published his collection of writings called "Psychosynthesis", further identifying how to transform and integrate new perspectives and make new life-changing choices.



"Outer Space"
CRITIC
↔
COACH
Inner Space

"Outer Space"
SABOTEUR
↔
COLLABORATOR
Inner Space

Mind

Emotions

**SoulSelf
Essence
Harmony**

"Outer Space"
REBEL
↔
NEGOTIATOR
Inner Space

"Outer Space"
VICTIM
↔
EMPOWERED SURVIVOR
Inner Space

Spirit

Body

Higher Self

Lower Self

Transpersonal Will

Strong Will

Skillful Will

Good Will

Story Ideas:

- Think about options
- Health is the #1 goal to thrive
- Recall values or remake goals
- Include a list of what's right with your life
- Vagus nerve is either your safety net or your danger signal
- Emotional balance: 5 ways to find yourself when you're lost

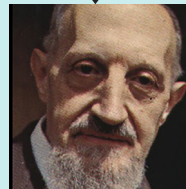
BIO:

- MA-UC Davis
- PhD, Clinical Psychology
- Neuropsychology Specialty-UC Berkeley
- Professor at 3 colleges and Psychologist at 7 hospitals

Publications, Keynote and Conference Speaker:

- 20 articles & 4 books including the upcoming **SoulGrowth Solutions** book and Online Program
- Appearances in California, Texas, North Carolina, Washington State and Italy.

www.askdoctorann.com
drann@askdoctorann.com



Dr. Roberto Assagioli

TO CONTACT DR SCHAFER
916-813-4315
TEXT OR PHONE