



# Brochure

## Psychologist

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Severe stress often causes debilitating depression, anxiety and feelings of failure. But, stress also offers an opportunity to resolve troubling issues and build a healthier, happier, more enriched life through growth and change.

#### Dr. Faith Witkin Schwartz of

**The Growth Center** continues to pioneer proven tools to help replace old thinking and harmful habits. Tools that transform destructive thought and behavior into supportive attitudes and actions. You emerge with renewed energy, an improved self-image, and new-found confidence to successfully meet each new day.