



Condition Your Mind For A Better Quality Of Life.

Your mindset affects your quality of life—and even whether or not you feel life is worth living.

Many people find transitions are smoother when they have help processing new perspectives. A chance to explore potential hindrances, and craft solutions to them in advance of actual issues, make them easy to address.

Becoming disabled is one of the most difficult transitions from the mental perspective. How bad it is often depends on what we used as the basis of our worth before it happened. If we nourished our self-esteem by applauding our independence, a decrease in our independence can have a devastating impact on how we feel. There are many variations on this theme, which make things much worse than they have to be. Finding mindsets that nourish you will help you recover, to the extent that is considered possible, and maybe even more.

At *Disabled*, You Will Learn:

- To recognize thought processes that are not supporting you and what to do about them
- How kindness and gentleness to yourself will make the transition easier and how to do this
- Mindsets that maximize your ability to continue to (or begin to) enjoy life
- The importance of, and skills to, focus on what you want with hopefulness
- Productive vs. unproductive prayer, and how to tell the difference
- How to find the silver lining in any situation
- How belief impacts your recovery
- How to develop support networks
- Ways to ease your burdens
- And much more



Program Dates & Locations

Register now to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc.

