

THE CRIPPLING SELF IMPROVEMENT CULTURE

We are currently living in a world experiencing a collective trauma and at the same time experiencing a flood of self help information. In fact, the self improvement industry is expected to reach \$13.2 billion by 2022.

I'm here to translate trendy mental health terms in order to make this self improvement era work for you rather than against you.

Although it seems like Americans are taking advantage of this growing industry, 1 in 3 Americans feel bad about taking time for themselves. But 67% of Americans say they want to take more time for self improvement. What does this gap say? Does it contribute to the feelings of pressure people are experiencing to have the "perfect" life as stated by best selling authors, Carl Cederstrom and Andre Spicer.

You will learn:

- Top 2 reasons this self improvement era is actually hurting your mental health
- What self-care really means and 3 ways to *actually* achieve self care
- How to translate trendy self care tips into ways that will work for you.

MARYELLEN DANCE,
LMHC



585.294.1390

maryellendance@gmail.com
www.maryellendance.com