

 **CENTRE MÉDICAL BRUNSWICK**

The Montreal Center for Anxiety & Depression

West Island Location

Submitted by SB

The Montreal Center for Anxiety and Depression offering experiential training and workshops on many diverse topics, has come up with another fascinating presentation of subject matter that is relative to most people wanting to live a more fulfilling life. My attention, as well as everyone present, was focused on speaker **Sandra Reich M.Ed**, Clinical Director of Montreal Center of Anxiety and Depression.



A full house centered around a boardroom conference table has become the norm for these workshop presentations. The audience is a mixture of private individuals, clinic clients as well as other professional therapists.

The presentation was titled LIVING A PURPOSEFUL LIFE FINDING MEANING AND HAPPINESS FINALLY: TRICKS AND STRATEGIES TO LIVE THE LIFE OF YOUR DREAMS and was held on August 27th.

Sandra speaks about "What she knows for sure" to live a life of meaning and purpose and avoid the common traps that block happiness. Let me add that she is absolutely a master of public speaking. Her talk is intimate as it is always you she is directly speaking to. She is forthright and truthfull about herself and her life. It is evident that she practices what she preaches.

I found this workshop also to be very informative and a thought provoking experience. I found her correlation of stepping outside of your comfort zone and that of taking responsibility for your life by the choices you choose, to be certainly worthy of more further thought, but I want to mention one of the many statements made through her presentation that was very, very impactful, and by the reactions in the audience not just to me. It was about forgiveness and how forgiveness has nothing to do with the other person... but has everything to do about yourself. I hope we see down the road that the subject of forgiveness in itself becomes another fascinating evening of self consideration and enlightenment.

Following the presentation people were pre – ordering dvd's of the talk they just heard and registering for events that the Montreal Center for Anxiety and Depression offer. To order a copy of Sandra's talk on Living a Meaningful Life or to find out more about the center, be sure to visit their website linked directly below.

The Montreal Center for Anxiety and Depression

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