

# EMOTIONAL SOBRIETY WORKSHOP WITH DR. BERGER AND THOM RUTLEDGE, MSW - PART 4: *THE PATH TO INNER PEACE AND EMOTIONAL FREEDOM*

June 26, 2022 at Harmony Hollow Farm



## **Workshop Description**

Emotional sobriety is about learning to soothe ourselves and to establish a quiet mind and calm heart. This is impossible when we are experiencing a civil war raging inside.

You are invited to join Dr. Berger and Thom Rutledge for what promises to be a powerful experience in discovering new possibilities in resolving internal conflicts, integrating disharmonious self-parts, and creating a greater coordination and balance of all of what we are.

**When: Sunday - June 26, 2022**

**Time:** 10am - 5pm

**Fee:** \$75.00 - Lunch Included

**Where:** Harmony Hollow Farm, 35 Harbourton Mt. Airy Rd., Lambertville, NJ 08530.

**About The Workshop Leaders:** Dr. Berger is considered a leading authority on emotional sobriety. He is the author of the bestselling new release on emotional sobriety, *12 Essential Insights for Emotional Sobriety*. His workshops are a recovery

mainstay for many trudging the road to recovery. You can learn more about Dr. Berger and his work at [www.abphd.com](http://www.abphd.com).

He is joined in this workshop with his colleague and good friend Thom Rutledge. Thom is also a very successful author and master clinician. You can learn more about Thom and his work at <https://www.thomrutledge.com>.

**Registration Procedure:** Send an email to Dr. Berger at [abphd@msn.com](mailto:abphd@msn.com) including the number of registrants and their names and your contact information. Then send Dr. Berger the registration fees for the registrants to either his Venmo at Allen-Berger-1 or by Zelle to his email address.

You may also send a check to Dr. Berger at: 3420 Aquetong Road, Doylestown, PA 18902.

**More Information:** If you have any questions or require more information give either Dr. Berger a call at 818-584-4795 or Brad Langenberg at 310-990-7010.