



Summer support is here! Visit I Choose Change's Web site to get more information. Space is limited.

# ichooschange

HEALTH & WELLNESS FROM THE INSIDE OUT

by anna charles

Therapy for Children, Teens, Adults, Couples & Families

Do you ever feel overwhelmed and discontent? Is life often chaotic? Are you simply going through

of I Choose Change. "We spend a lot of time and effort taking care of things on the outside. I Choose Change helps people modify their internal thought processes and transform their lives. That kind of change is change that lasts a lifetime."

the motions, waiting for the other shoe to drop? Ever wonder how other families seem so balanced, peaceful and happy? Many of us have these questions and feelings, but we don't believe we have more choices! We visit the day spa, buy new clothes or golf clubs, take a vacation, but the good feelings are short lived.

Jennifer explains that changing your perception is one of the secrets to a happier life. "Your perception is like a lens you select to view the world. You think of how life *should* be, and then judge others as well as yourself by this viewpoint. The question is, what if you changed the rules of what *should* be? And what would happen if you made the choice to change your perceptions?"

Helping countless individuals and families tap into the power that all of us possess—the power to change what you think, feel, and do—the counselors at *I Choose Change* help your family live happier, healthier and more fulfilled lives.

### YOUR WORLD VIEW IS "YOU"

Along with this, Jennifer talks about the importance of laying your judgments aside. "There's no rulebook. Your judgments can be as skewed as you want them to be, but if they aren't serving you well, it's time to rethink them.

### THE GIFT OF CHANGED PERCEPTION

"People naturally tend to resist change. The first step is to realize that you can choose to overcome negative and destructive thoughts, perceptions and behavior. It's truly change from the inside out," said Jennifer Ryan, psychotherapist and founder

You can judge yourself, other people and other families, but by choosing a more tolerant stance, not only do you

Parent / Teen Focus Groups  
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become more accepting, but you start to feel less disturbed emotionally."

If you're ready to "choose change," call 214-547-1318 and schedule an appointment. Visit I Choose Change online at [www.ichooschange.com](http://www.ichooschange.com) for more information to read timely articles on Jennifer's blog and get your free *Change Kit*. With four counselors and one life coach on staff, I Choose Change assists clients ranging in age from 3 to 93, and with varied budgets! "We've made the therapy process easy," said Jennifer. "Now all you have to do is make the choice to call!"

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