



*Facilitated by Katherine Revoir*

*A 6-week online support group, using Sarah Peyton's book [Your Resonant Self](#) as a reference*

There are many ways to make our brain a happy place to live. The material in this book has been the most useful I've found in the past 50 years.

This informal group is loosely structured, designed to support us all in developing our own resonant self-witness—an internalized, loving second self that's like a perfect parent.

Bring your questions, issues, and feelings. Bring your shadow. Bring yourself, just as you are. It's my intention that we will all be held in warm community.

For our current group, we will focus on codependency, using neuroscience to make sense of why we sometimes put the needs, wellbeing, and lives of others before our own.

This is less of a class and more of a practical, informal support group for our personal embodiment of the life enhancing material in *Your Resonant Self* as well as *Codependent No More*. Our brains are wired to connect with other brains, so we'll learn together in warm community.

**As participants in this group, we will:**

- enjoy a more flexible and calmer nervous system
- develop the ability to manage reactive emotional triggers
- study neuroscience and make sense of the effects that our family history has on how we live and interact with others

- practice the language of Nonviolent Communication, (including depth empathy) to speak to ourselves and others with kindness and warmth
- enjoy companionship with others who share our longing for a regulated, happy brain

All of this serves the intention of connecting authentically with others and ourselves.

For the past 7 years I have studied social neuroscience with [Sarah Peyton](#). Thanks to her teaching, I am becoming the person I've always wanted to be. As I strengthen my sense of self, I am allowing myself to love and be loved by other imperfect humans without needing to change or fix them.

The 6-week online video support community (via Zoom) is for anyone who has either worked with this material or is very motivated to make their brain a happy place to live.

**Reading:** Please have read or have begun to read [Codependent No More](#) by Melody Beattie. [Your Resonant Self](#) by Sarah Peyton is also suggested but not required.

**When:** 6 Wednesdays, August 28 – October 2, 2019

**Time:** 9:00 am–10:30 am, Pacific Time

**Cost:** \$90 for the 6-week group  
Contact me if you need a reduced rate.

**Register or questions:** [KatherineQ@RicherLiving.org](mailto:KatherineQ@RicherLiving.org)

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