

Byron Katie at the Anat Baniel Method Center Joint Benefit

The Work for parents, caregivers, professionals, and family members of children with challenges. Anyone interested is welcome.

Marin County, California • August 29, 2014

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No one is prepared to have a child with challenges. Parents are flooded with fear, guilt, confusion, anger, loss, and often hopelessness. These feelings are common and can lead to profound suffering. Byron Katie is an exceptional teacher who helps people transform suffering into well-being. *The Work* can free parents, caregivers, other family members and professionals to love and help their child in even more powerful ways. Everyone is welcome.



Byron Katie is world-renowned for *The Work*. She has one job; to show people how to stop suffering. When Katie appears, lives change.

In 1986, at the bottom of a ten-year spiral into depression, rage, and self-loathing, Katie woke up one morning to a state of constant joy that has never left her. She realized that when she believed her stressful thoughts, she suffered, but that when she questioned them, she didn't suffer, and that this is true for every human being. Her simple yet powerful process of inquiry is called *The Work*.

Katie has been bringing *The Work* to millions of people for more than 25 years and has brought freedom to people all over the world. Byron Katie's six books include the bestselling *Loving What Is, I Need Your Love—Is That True?*, and *A Thousand Names for Joy*. For more information, visit thework.com



ABM Foundation mission is to extend our reach for providing breakthrough outcomes to children with special needs and their families, using the unique NeuroMovement[®] approach of the Anat Baniel Method[®], verified by leading-edge research in neuroscience. *By helping the parents in their journey to help their child, the child benefits.* For more information, visit abmfoundation.org

Anat Baniel is best-selling author of *Move Into Life* and *Kids Beyond Limits*. She's the founder of the Anat Baniel Method[®], a science-based approach that transforms the lives of children and adults, helping them move beyond pain and limitation and reach new levels of performance. For more information, visit anatbanielmethod.com

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Proceeds for this event will go to The Work Foundation, Inc. and the ABM Foundation.

DATE: Friday, August 29, 2014
TIME: 1:00 pm - 3:00 pm
LOCATION: Anat Baniel Method Center, 4330 Redwood Hwy, San Rafael, CA
COST: \$99. If needed, sliding scale between \$59-\$99
PLEASE NOTE: **Check-in from 11:45-12:45. Doors close promptly at 1:00 pm, no late admissions.**
Space is limited.
MORE INFO: Email gabriella@kurshioni.com

To watch a video of Anat Baniel and Robin Winn describing the event, or to visit **Anat's blog** on children with special needs, go to abmfoundation.org/our-blog

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