

8-2009

2009 August-Newsletter

Nancy Rockey

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“God made man before woman to give him time to think of an answer for her first question.”
~Anonymous



August 2009

Volume 32

Editor's Corner

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If Laura, Suzanne, Debra and Rose go out for lunch, they will call each other Laura, Suzanne, Debra and Rose.

If Mike, Charlie, Bob and John go out, they will affectionately refer to each other as Fat Boy, Godzilla, Peanut-Head and Scrappy

Last weekend was family reunion for us at the beach. Being unbelievably HOT at home, my daughter and I decided to head out earlier than the rest. We chose to take the grand-kids/niece and nephew along with us, so that their Mommy and Daddy would have uninterrupted time to pack.

On the ride over, Jady, 5 yrs old, spent 75% of the time entertaining himself with noise/sound effects. Not conversation, questions, or words. Just noises to go along with his imagination.

In the seat next to him, Savannah, 3 yrs old, entertained herself with singing, and conversing with Auntie and I.

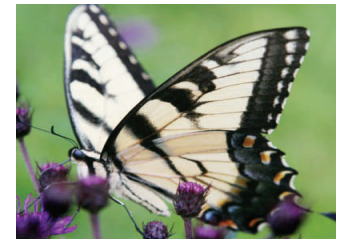
They both enjoyed their ride and entertained themselves

quite well, just in different ways.

I remember when my boys were younger. They would begin picking at each other, talking macho, and/or sparring. As their mother, I didn't understand they were just doing what boys do. They didn't have to think or act like me. In fact they were incapable of doing so. I'm sure it was frustrating for them when I tried to fit them in my mold.

It's quite fascinating the differences in men and women. It can sometimes be quite discouraging trying to communicate if we don't understand the differences.

Ron and Nancy's article in this newsletter sheds light on the ways we are different and



how we are alike.

Want to understand your spouse? Be sure to check out For Women Only and For Men Only.

As usual, we always are glad to hear from you with questions, comments, and/or suggestions. Please send them to me at the address below.

Audrey Woods

audrey@yourlri.com

Men, Women - Are They Different?

“Oh come on! Do you really have to write a whole article about the differences between male and female? Is this an insult to our intelligence, or is there really something you have to say that might make a difference?” you might ask. “Isn't this a subject that has

been worked to death, that has books written about it and is argued and negatively commented on by husbands and wives everywhere?”

We shall see if this article can add anything to the story that is presented in most circles – women are emotional and men

are sexual. To a degree this well-considered theory might be more than just a theory – and then again, it might be as bogus as can be. Let's investigate!

Medical Education Online tells us that there are nine basic differences:

1. **Total brain size:** In adults, the average brain weight in men is about 11-12% MORE than the average brain weight in women. Men's heads are also about 2% bigger than women's. . This is due to the larger physical stature of men. Male's larger muscle mass, and larger body size require more neurons to control them. **This does not suggest that due to the larger brain, males are smarter than females.**
2. **Cell number:** men have 4% more brain cells than women , and about 100 grams more of brain tissue. this may explain why women are more prone to dementia (such as Alzheimer's disease) than men, because although both may lose the same number of neurons due to the disease, "in males, the functional reserve may be greater as a larger number of nerve cells are present, which could prevent some of the functional losses."
3. **Cellular connections:** while men have more neurons in the cerebral cortex, women have a more developed neuropil, or the space between cell bodies, which contains synapses, dendrites and axons, and allows for communication among neurons .
4. **Corpus callosum:** it is reported that a woman's brain has a larger corpus collusum, which means women can transfer data between the right and left hemisphere faster than men. Men tend to be more left brained, while women have greater access to both sides.(however other studies have told a different story).
5. **Hypothalamus:** LeVay discovered that the volume of a specific nucleus in the hypothalamus (third cell group of the interstitial nuclei of the anterior hypothalamus) is twice as large in heterosexual men than in women and homosexual men, thus prompting a heated debate whether there is a biological basis for homosexuality .

It is wise however to note the specific function of the hypothalamus, which is homeostasis, or maintaining the body's status quo. Factors such as blood pressure, body temperature, fluid and electrolyte balance, and body weight are held to a precise value called the set-point. Although this set-point can migrate over time, from day to day it is remarkably fixed.
6. **Language:** two areas in the frontal and temporal lobes related to language (the areas of Broca and Wernicke) were significantly larger in women, thus providing a biological reason for women's notorious superiority in language-associated thoughts. For men, language is most often just in the dominant hemisphere (usually the left side), but a larger number of women seem to be able to use both sides for language. This gives them a distinct advantage. If a woman has a stroke in the left front side of the brain, she may still retain some language from the right front side. Men who

Men
experience
connection
when they feel
respected.

Women
experience
connection
when they feel
heard and
emotionally
bonded with
another.

have the same left sided damage are less likely to recover as fully. Curiously, oriental people which use pictographic (or ideographic) written languages tend also to use both sides of the brain, regardless of gender.

7. **Inferior parietal lobule (IPL):** This is a brain region in the cortex, which is significantly larger in men than in women. This area is bilateral and is located just above the level of the ears (parietal cortex). Furthermore, the left side IPL is larger in men than the right side. In women, this asymmetry is reversed, although the difference between left and right sides is not so large as in men. This is the same area which was shown to be larger in the brain of Albert Einstein, as well as in other physicists and mathematicians. So, it seems that IPL's size correlates highly with mental mathematical abilities. Studies have linked the right IPL with the memory involved in understanding and manipulating spatial relationships and the ability to sense relationships between body parts. It is also related to the perception of our own affects or feelings. The left IPL is involved with perception of time and speed, and the ability to mentally rotate 3-D figures .
8. **Orbitofrontal to amygdale ratio (OAR):** In one project, they measured the size of the orbitofrontal cortex, a region involved in regulating emotions, and compared it with the size of the amygdala, implicated more in producing emotional reactions. The investigators found that women possess a significantly larger orbitofrontal-to-amygdala ratio (OAR) than men do. One can speculate from these findings that women might on average prove more capable of controlling their emotional reactions.
9. **Limbic size:** females, on average, have a larger deep limbic system than males. This gives females several advantages and disadvantages. Due to the larger deep limbic brain women are more in touch with their feelings, they are generally better able to express their feelings than men. They have an increased ability to bond and be connected to others. Females have a more acute sense of smell, which is likely to have developed from an evolutionary need for the mother to recognize her young. Having a larger deep limbic system leaves a female somewhat more susceptible to depression, especially at times of significant hormonal changes such as the onset of puberty, before menses, after the birth of a child and at menopause. Women attempt suicide three times more than men. Yet, men kill themselves three times more than women, in part, because they use more violent means of killing themselves (women tend to use overdoses with pills while men tend to either shoot or hang themselves) and men are generally less connected to others than are women. Disconnection from others increases the risk of completed suicides.

Well, there you go. That's some interesting and useful information and it is certainly scientifically based. Now that you know this, certain things can be understood, such as:

- ⇒ Men's hats will probably be too big for women.
- ⇒ Women need a larger number of brain cells to help ward off Alzheimer's Disease or dementia.
- ⇒ Women's brains have more cell connections, giving them the ability to "connect the dots" a bit easier.
- ⇒ Women have the ability to move left to right and right to left hemispheres faster than men, so it's easier for a woman to apply the facts to a relational situation or add up the emotional components of a purely factual situation. Great for the family but perhaps not in wartime strategies.
- ⇒ Women have a harder time maintaining their weight (gain it easier) probably because the hypothalamus is smaller.
- ⇒ Women tend to talk more and have an easier time of putting words to thoughts.
- ⇒ Men are better at math (as a whole) and spatial relationships.
- ⇒ Women seem to have an easier time of controlling their emotions.
- ⇒ Women seem to be in better touch with their feelings and find it easier to express them. Women attempt suicide more often at men, but men successfully end their lives more often than women.

That's perhaps more information than you wanted or needed, but on the other hand, it may have provided some of you with valuable data, helpful in your everyday life.

Let's look from a different vantage point now. Some time ago, a woman became fascinated in the subject of what men really want or need. She decided to do some research which she hoped would answer that question once and for all, because women really want to know – or do they? As a result of her research, Shaunti Feldhahn wrote the book, "For Women Only". To her surprise and the shock of many women reading the book who have a very different pre-conceived view, men's primary desire is not sex. Oh yes, sex sells, sex is a big attention-getting subject, but it is not what is primary in the mind of a guy. Men really want and need respect – from their mothers when they are children, from their women, from their children and from their bosses and subordinates at work. Surprised? We were too! But, it did ring a bell in Ron's head, and it has in the minds and hearts of other men we have talked to.

Ms. Feldhahn also worked on a book about women with her husband – "For Men Only". Their research discovered, and this was not a great surprise, that women's primary desire and need is an emotional connection with the prominent people in her life, most importantly, her husband.

Now let's focus on how men and women are the same. Every human, regardless of gender has a great need, given to us by our

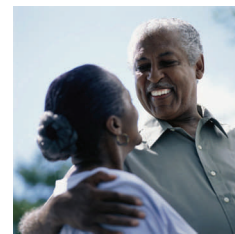
Creator. That need is to belong, to be accepted and loved. We get that need filled by our connections with parents, beginning at conception, and they are the ones who give us our initial and most important connection. It is through that connection that we gain a picture of who God is. We decided that He exists, He loves, He cares and He wants the best for us, based on what was observed and felt in our early formative years with parents. That initial connection sets the stage for how we will perceive our connections with others throughout life.

In this initial connection we experience respect, or we experience scorn. We experience an emotional bond or we experience distance and disconnection. In every walk of life and at every age, we need to be connected. Cell phones, the internet, facebook, twitter and various other communication devices and programs tell us that loudly.

So how do we put this all together? Like this:

- ⇒ Men and women are alike in that both genders have a need and a desire to be connected with others, especially a significant other with whom we can be intimate and feel totally loved and accepted. Men experience that connection when they feel respected, and they express that connection sexually.
- ⇒ Women experience that connection when they feel heard and emotionally bonded with another. They feel the need to give and take in communication. They express their connection in verbal and physical affection – in words and deeds.

So there you have it! We are alike and we are different, and isn't that a good thing. God gave us two hands also. They are alike and yet they are different. The combination of the two make a pair, a complete whole, just like the combination of men and women make a pair, a complete whole. Let's rejoice in our sameness AND our differences!



“When preparing for work, a woman will put on a Mondri wool suit, and then slip into Reebok sneakers. She will carry her dress shoes in a plastic bag from Saks. When a woman gets to work, she will put on her dress shoes. Five minutes later, she will kick them off because her feet are under her desk. A man will wear one pair of shoes the entire day.”

Roger and Elaine



Let's say a guy named Roger is attracted to a woman named Elaine. He asks her out to a movie; she accepts; they have

a pretty good time. A few nights later he asks her out to dinner, and again they enjoy themselves. They continue to see each other regularly, and after a while neither one of them is seeing anybody else.

And then, one evening when they're driving home, a thought occurs to Elaine, and, without really thinking, she says it aloud: "Do you realize that, as of tonight, we've been seeing each other for exactly six months?"

And then there is silence in the car. To Elaine, it seems like a very loud silence. She thinks to herself: Geez, I wonder if it bothers him that I said that. Maybe he's been feeling confined by our relationship; maybe he thinks I'm trying to push him into some kind of obligation that he doesn't want, or isn't sure of.

And Roger is thinking: Gosh. Six months.

And Elaine is thinking: But, hey, I'm not so sure I want this kind of relationship, either. Sometimes I wish I had a little more space, so I'd have time to think about whether I really want us to keep going the way we are, moving steadily toward . . . I

Change

The word CHANGE seems to be a 2008-2009 Buzz Word! Ron and Nancy Rockey decided to make some CHANGES too! Here's what they are saying:

"We are living in grand and awful times - times of change. But the change we are announcing **IS** good for the economy! Because the economy of the United States and the world is hurting, companies, churches and individuals are hurting, Fixable Life has decided to make a change that will **BOOST** the economy."

"Here's the good news: If you or your church has been wishing you could offer a seminar for your church family and/or community, this is the time to do so! **Fixable Life, Inc** has **GREATLY** reduced the price of a live, 2 day seminar! We have taken the rates back to what they were 5 or 6 years ago - **cutting them over 50%.**"

If you are hoping for a seminar in your area, give us a call for the details. You will want to book your date soon, as available dates will fill up quickly. You can contact us by e-mail at:

rockeys@itsfixable.com

505-990-0250.

mean, where are we going? Are we just going to keep seeing each other at this level of intimacy? Are we heading toward marriage? Toward children? Toward a lifetime together? Am I ready for that level of commitment? Do I really even know this person?

Announcements

Non-Profit Status:

As a non-profit corporation, our aim is to assist hurting people to find relief through the materials we've written, the seminars we teach, and the recovery programs we've produced.

If you are willing to assist us in these endeavors, here are a few of the projects currently in process, for which we certainly need funding.

1. TV Programming for KSCE-TV, a Christian station out of El Paso, Texas broadcasting to Juarez, Mexico, El Paso, Las Cruces, Alamogordo and surrounding towns. El Paso has the largest U.S. military installation in the country. Both the English and Spanish versions of *Binding the Wounds* will be broadcast. On July 9, advertising for the programming starts

for one week. The actual 22 sessions of programming start broadcasting on July 16, 2009.

Viewers can send in for the accompanying workbook at a greatly reduced rate. Those workbooks need to be co-sponsored by supporters of this ministry.

We are doing a mini-seminar free of cost for the station's staff. Travel expenses & supplies need to be covered.

2. We are offering the recovery programs for prisoners. Prisons do not have funding for the DVD's or the workbooks, so this is a needed and valid project for supporters.
3. There are many people who call for help, but cannot afford the necessary testing. A fund for supplementing the cost is being established.

Your help and support in these and other endeavors is greatly appreciated!



And Roger is thinking: . . . so that means it was . . . let's see . . . February when we started going out, which was right after I had the car at the dealer's, which means . . . lemme check the odometer . . . Whoa! I am way overdue for an oil change here.

And Elaine is thinking: He's upset. I can see it on his face. Maybe I'm reading this completely wrong. Maybe he wants more from our relationship, more intimacy, more commitment; maybe he has sensed -- even before I sensed it -- that I was feeling some reservations. Yes, I bet that's it. That's why he's so reluctant to say anything about his own feelings. He's afraid of being rejected.

And Roger is thinking: And I'm gonna have them look at the transmission again. I don't care what those morons say, it's still not shifting right. And they better not try to blame it on the cold weather this time. What cold weather? It's 87 degrees out, and this thing is shifting like a garbage truck, and I paid those incompetent thieves \$600.

And Elaine is thinking: He's angry. And I don't blame him. I'd be angry, too. I feel so guilty, putting him through this, but I can't help the way I feel. I'm just not sure.

And Roger is thinking: They'll probably say it's only a 90- day warranty. That's exactly what they're gonna say, the scumballs.

And Elaine is thinking: maybe I'm just too idealistic, waiting for a knight to come riding up on his white horse, when I'm sitting right next to a perfectly good person, a person I enjoy being with, a person I truly do care about, a person who seems to truly care about me. A person who is in pain because of my self-centered, schoolgirl romantic fantasy.

And Roger is thinking: Warranty? They want a warranty? I'll give them a warranty. I'll take their warranty and stick it right up their

"Roger," Elaine says aloud.

"What?" says Roger, startled.

"Please don't torture yourself like this," she says, her eyes beginning to brim with tears. "Maybe I should never have . . . Oh, I feel so....."

(She breaks down, sobbing.)

"What?" says Roger.

"I'm such a fool," Elaine sobs. "I mean, I know there's no knight. I really know that. It's silly. There's no knight, and there's no horse."

"There's no horse?" says Roger.

"You think I'm a fool, don't you?" Elaine says.

"No!" says Roger, glad to finally know the correct answer.

"It's just that . . . It's that I . . . I need some time," Elaine says.

(There is a 15-second pause while Roger, thinking as fast as he can, tries to come up with a safe response. Finally he comes up with one that he thinks might work.)

"Yes," he says.

(Elaine, deeply moved, touches his hand.)

"Oh, Roger, do you really feel that way?" she says.

"What way?" says Roger.

"That way about time," says Elaine.

"Oh," says Roger. "Yes."

(Elaine turns to face him and gazes deeply into his eyes, causing him to become very nervous about what she might say next, especially if it involves a horse. At last she speaks.)

"Thank you, Roger," she says.

"Thank you," says Roger.

Then he takes her home, and she lies on her bed, a conflicted, tortured soul, and weeps until dawn, whereas when Roger gets back to his place, he opens a bag of Doritos, turns on the TV, and immediately becomes deeply involved in a rerun of a tennis match between two Czechoslovakians he never heard of. A tiny voice in the far recesses of his mind tells him that something major was going on back there in the car, but he is pretty sure there is no way he would ever understand what, and so he figures it's better if he doesn't think about it.

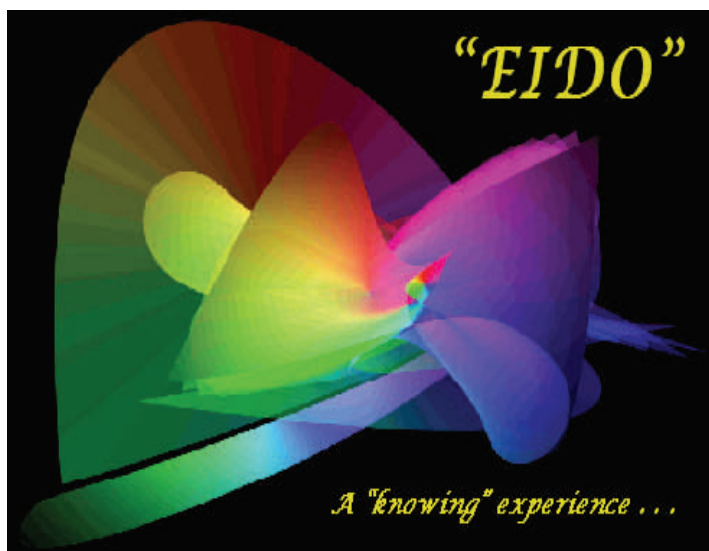
The next day Elaine will call her closest friend, or perhaps two of them, and they will talk about this situation for six straight hours. In painstaking detail, they will analyze everything she said and everything he said, going over it time and time again, exploring every word, expression, and gesture for nuances of meaning, considering every possible ramification. They will continue to discuss this subject, off and on, for weeks, maybe months, never reaching any definite conclusions, but never getting bored with it, either.

Meanwhile, Roger, while playing racquetball one day with a mutual friend of his and Elaine's, will pause just before serving, frown, and say:

"Norm, did Elaine ever own a horse?"

<http://ifaq.wap.org/sex/differencesmenwomen.html> This article is an original writing by Dave Barry.





Portland, OR—Oct. 26-31, 2009

Registration Deadline: Sept. 20, 2009

“EIDO” is a 6-day educational and experiential intensive seminar with Ron and Nancy that combines lecture, small group and corporate experience. They use several different inventories, to help you discover your unique giftedness. Every facet of life is impacted. In the process you can find success in intimacy, relationships, career, health and spirituality.

First 18 to register with a \$500 non-refundable deposit will attend.

Total seminar cost—\$1500 (includes lunch daily). Lodging and other meal costs separate. To register call 503-252-2112. For more info audrey@yourlri.com

For Men Only

Women: complicated and impossible to understand? Have you given up trying to “get” the woman in your life? If so, you are in for a pleasant eye-opener: She *can* be understood. Even better—you can make her happy. Which will make you happy.

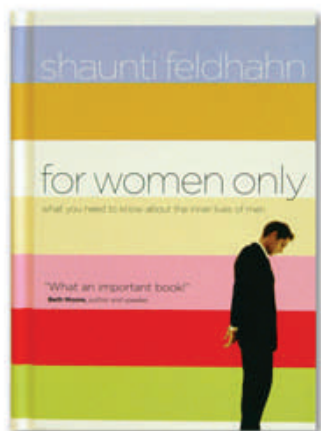
The bestselling author of For Women Only teams with her husband to offer men the key to unlocking the mysterious ways of women. Through Shaunti and Jeff Feldhahn’s national scientific survey and hundreds of interviews, For Men Only reveals what you can do today to improve your relationship.

And believe it or not, as Jeff assures men, “It’s not splitting the atom.”

What makes her tick? What is she really asking (but not actually saying)? Take the guesswork out of trying to please your wife or girlfriend and begin loving her in the way she needs. Easily, For Men Only is a straightforward map that will lead you straight into her heart.

\$14.99 + S&H

Order online here or call 888-800-0574



For Women Only

What’s going on in there? Ever been totally confused by something your man has said or done? Want to understand his secret desires and fears, his daily battles that you know nothing about?

In a woman-to-woman conversation you’ll never forget, Shaunti Feldhahn takes you beneath the surface into the

inner lives of men. This book is about the things we just don’t “get” about guys. With findings from a groundbreaking national survey and personal interviews of over one thousand men, For Women Only is full of eye-opening revelations you need to not only understand the man in your life, but to support and

love him in the way he needs to be loved. Grounded in biblical hope, you will discover how to love your man for who he *really is*—not who you think he is.

\$14.99 + S&H

Order online here or call 888-800-0574

Comments

We heard your interview on 3ABN today. I do a prison correspondence with over 60 women. Many are doing life for killing their abusive husbands. Many also were abused in every way possible as children. Even with my Social Worker background, some of their stories make me cringe. Do you ever do any presentations in Prison Settings? The women desperately need the healing you have learned. We write to ladies in Florida, South Carolina, Ohio, Arkansas, Idaho, and Washington.

**Note—Please see page 4 for details on how to donate to help get materials to ladies like these.*

Remember Your ABC's

Avoid negative sources, people, places, things and habits.

Believe in yourself.

Consider things from every angle

Don't give up and don't give in.

Enjoy life today, yesterday is gone, tomorrow may never come.

Family and friends are hidden treasures, seek them and enjoy their riches.

Give more than you planned to.

Hang on to your dreams.

Ignore those who try to discourage you.

Just do it.

Keep trying no matter how hard it seems, it will get easier.

Love yourself first and most.

Make it happen.

Never lie, cheat or steal, always strike a fair deal.

Open your eyes and see things as they really are.

Ppractice makes perfect.

Quitters never win and winners never quit.

Read, study and learn about everything important in your life.



Ron and Nancy are available for live seminars in your area. The seminars are typically 12—18 hours in length and are usually held on a weekend. They travel internationally, and prefer to work in a classroom setting. Their unique style includes team lecturing, interacting with each other and the audience and modeling healthy conflict resolution. If you would like to have Ron and Nancy present a weekend seminar in your area, please contact Rockeys@itsfixable.com

Stop procrastinating.

Take control of your own destiny.

Understand yourself in order to better understand others.

Visualize it.

Want it more than anything.

Xcellerate your efforts

You are unique of all God's creations, nothing can replace YOU.

Zero in on your target and go for it!



Free DVD

An introduction to *Binding the Wounds*, and *The Journey* with a sample clip from each segment of *The Journey*.

It is great for use in explaining to someone what these programs are all about.

To get your **FREE** copy, send your mailing address to Rockeys@itsfixable.com.

Subject line— "Free Intro DVD".

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Life . . . It's Fixable is a 501-C3, Educational, not-for-profit corporation.

Our team offers educational information and processes to enhance life for those who have been traumatized, abused and live with daily dysfunction or unhappiness.

We offer an alternative to psychotherapy, helping people to repair and take control of their thoughts, feelings and behaviors, thus enhancing careers, relationships and personal joy.



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Upcoming Live Events

<http://www.fixablelife.com>

Date	Place	Seminar
Oct. 26	Portland, OR	EIDO



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Orders over \$100 = free shipping - or - add \$6 for first item and \$2 for ea. Additional item

Title	Qty.	Price ea.	Total	B/O
BOOKS				
Belonging - Drs Ron and Nancy Rockey		\$12.99		
Bold Love - Dr. Dan Allender		\$13.99		
Boy Who Was Raised as a Dog - Dr. Bruce Perry		\$15.95		
Breaking the Cycle of Divorce - John Trent		\$19.99		
Changes That Heal - Dr Henry Cloud		\$12.99		
Changes that Heal – Workbook		\$12.99		
Chosen - Drs Ron and Nancy Rockey		\$12.99		
En Casa – Belonging (Spanish edition)		\$12.99		
For Men Only - Shaunti and Jeff Feldhahn		\$14.99		
For Parents Only - Shaunti Feldhahn		\$14.99		
For Women Only - Shaunti Feldhahn		\$14.99		
For Young Men Only - Jeff Feldhahn & Eric Rice		\$13.99		
For Young Women Only - Shaunti Feldhahn		\$13.99		
Freedom from the Grip of Fear - Dr Norman Wright		\$12.99		
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Invisible Bond - Barbara Wilson		\$12.99		
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Loving Your Child too Much - Dr Tim Clinton		\$21.99		
Magical Child - Michael Mendizza and Joseph Clinton Pearce		\$15.00		
Magical Parent – Magical Child - Author same as above		\$17.95		
Managing Emotions - Heartmath Institute		\$9.95		
New Brain - Richard Restak M.D.		\$15.95		
Nurturing the Unborn Child - Dr Thomas Verny		\$15.95		
Parenting the Heart of Your Child - Diane Moore		\$13.99		
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To Be Told – Workbook		\$11.99		
Unbreakable Bonds - Drs Cheryl and Paul Meier		\$16.99		
Why You Do the Things You Do - Dr Tim Clinton and Gary Sibcy		\$13.99		
Wounded Heart - Dr Dan Allender		\$16.00		
Wounded Heart - Workbook		\$15.99		
Subtotal of Books (enter on reverse side)				

	Title	Qty.	Price ea.	Total	B/O
Audio/Visual - Authors Drs Ron and Nancy Rockey					
	22 Week Notebook - Binding The Wounds		\$25		
	22 Week Notebook in Spanish - Binding The Wounds		\$25		
	22 Week Small Group – BTW (English) – DVD + 2 Notebooks		\$249		
	22 Week Small Group – BTW (Spanish) – DVD + 2 Notebooks		\$249		
	Binding The Wounds – CD – audio seminar		\$99		
	Binding The Wounds – DVD – video seminar		\$199		
	Connecting – CD		\$89		
	Created for Success – DVD – with 2 workbooks		\$199		
	Journey to NAI – facilitator copy		\$35		
	Journey to NAI – student copy		\$10		
The Journey Small Group Recovery Program - Authors Drs Ron and Nancy Rockey					
	Passenger Lesson Guide DVD		\$149		
	Passenger Notebook		\$49		
	Mode Lesson Guide DVD		\$149		
	Mode Notebook		\$49		
	Route Lesson Guide DVD		\$149		
	Route Notebook		\$49		
	Destination Lesson Guide DVD		\$149		
	Destination Notebook		\$49		
	RING BINDERS (with purchase of The Journey Notebook)		\$0		
Misc.					
	Macaroni Pin		\$4		
Subtotal of Audio/Visual and The Journey Program					
Subtotal of Books (from front)					
TOTAL					



**Life
Renewal
Institute**

**251 Stenton Avenue
Plymouth Meeting, PA 19462**