

I help people with life coaching and what I love about it is that we get to explore the issue in depth and develop a list of changes or resolutions. Some of you may be wondering, what makes me qualified to coach people through the process? Well, over my decade-long career as a psychotherapist I've learned valuable skills and strategies for understanding and supporting others. And especially when it comes to life coaching, these valuable skills come in handy. For example, I help clients learn how to manage their time more efficiently. There's nothing more important than having enough time to do the things you want to do, so learning how to set aside an hour or two each day to plan your day will save you time in the long run. I help clients learn how to handle stress by exercising regularly and getting plenty of sleep. Good nutrition can also help reduce stress, so I teach my clients that healthy eating matters. I work with my clients on building emotional resilience. If you're someone who tends to attach yourself emotionally, then one of my jobs is helping you learn how to resist these tendencies and choose more stable options. In addition to my work helping people with their own problems, I'm an avid reader. Everyone knows there are plenty of benefits to reading. I read a lot of books! To keep up with my reading, I use a variety of apps including the Library Thing app for Android and the Overdrive app for iOS. These apps have given me a way to discover new books and authors that I wouldn't have found otherwise. It's a treasure trove of new, exciting content! And it keeps me informed on what people are talking about in the literary world. Even though I read a lot, I do not recommend reading as a substitute for therapy. If you're dealing with an issue that needs more than just understanding, then make an appointment with me to talk about it! If you want to keep reading on your own, I recommend the following apps: Goodreads (for both iOS and Android), Kindle (for all platforms), and Pocket (for Android). I am currently working with the following public libraries: Long Beach, CA. Library of Congress. Los Angeles Unified School District.

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