

“Making Peace with Yourself, Your Family — and Your Diet”

A PRESENTATION BY

Harold Bloomfield, M.D.

To make peace with yourself you may have to give up a lot. You may have to stop worrying about what others think and forgive yourself, parents, and ex-. You may have to grow to appreciate yourself exactly as you are and not as you wish you could be.

Why bother? Or who cares, you might say. Your peace of mind, your love and work relationships, and your moment-to-moment vitality may be at stake. Making peace with yourself and others is a personal challenge that is certain to bring you enormous and lasting satisfaction.

TUESDAY, SEPTEMBER 9, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE.

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

Maui — Dr. Bloomfield will also be speaking on Maui on Wednesday, Sept. 10th, at 7 p.m., at Cameron Center, 95 Mahalani St., in Wailuku.



Over the past twenty-five years, Harold H. Bloomfield, M.D., has been a leading light in the movement to return health and the human spirit to all of us. A Yale-trained best-selling author, Dr. Bloomfield has led millions of people to integrative healing, emotional literacy, and quintessential peace.

Dr. Bloomfield has appeared on national television shows including 20/20, Oprah, Larry King Live, Good Morning America, and CNN. His work has been featured in Time, Newsweek, U.S. News and World Report, People, Forbes, Cosmopolitan, USA Today, the New York Times, the Los Angeles Times, the San Francisco Examiner, the Boston Globe, and many other magazines and newspapers. He is a faculty member with the International University of Professional Studies on Maui.



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