

## **Dialogues in Self Discovery Announces August 3 - 4, 2013 NYC Weekend Intensive - Let Your Happiness Happen - Introduction to The Option Method**

*Dialogues in Self Discovery's workshops create an open, non-judgmental environment where participants explore the potential for genuine happiness with The Option Method. In this empowering, experiential and energizing workshop, participants will learn the fundamentals of the most efficient, effective method for unraveling any unhappiness, from the slightest annoyance to the deepest fear.*

New York, New York ([PRWEB](#)) May 28, 2013 -- This is the Option Method invitation: "If you want to be happy, be happy. If you don't believe you can be happy, use The Option Method to feel better." - Bruce M. Di Marsico.

When happiness is a state of mind, it goes far beyond just feeling good. Genuine happiness – true emotional freedom – opens up spiritual, intellectual and creative channels, fosters connections built on love and compassion, releases and enhances the flow of healing, life-giving energy and opens the door to a healthy, magical, and extraordinary life.

The Option Method is a personal growth and happiness tool designed to help people achieve emotional independence. The philosophy behind it recognizes that everyone has a natural tendency toward happiness and that unhappiness is the belief in its necessity. The Method raises awareness of these beliefs through loving, non-judgmental questions. The ability to effectively question unhappiness reveals its true purpose in a way that inspires real and lasting change. As a result, individuals develop a completely new way of thinking about unhappiness in all its forms.

Wendy Dolber and Frank Mosca, PhD will facilitate. Two of the most experienced Option Method Master Teachers in the world; they were trained directly by the creator of The Option Method, Bruce Di Marsico. Together, participants will explore --

- How each person's vision of happiness determines how happy they are.
- The dynamic connection between beliefs and feelings,
- How unhappiness turns solvable practical problems into emotional conundrums,
- How to trade the myth and burden of control for the power of choice,
- How to tap into the wellspring of joyous motivation and energy available to all, and
- How to use The Option Method to turn any unhappiness around.

### **WORKSHOP HOURS/LOCATION**

Saturday, August 3rd and Sunday August 4th from 10 a.m. to 6 p.m. META Center New York, 214 W. 29th St., 16th Floor, New York, New York.

### **TESTIMONIALS**

"One of the most powerful and transformative methods I have learned is The Option Method, created by Bruce Di Marsico. His work is very thought-provoking and mind-expanding..." [Dr. Joe Vitale, Author, *Attract Money Now*]

"The Option Method, created by Bruce Di Marsico, has been one of the greatest gifts I have received in my life. ..." [Michael Neill, Author, The Inside Out Revolution]

"If you have ever asked yourself what is the secret of life, or why am I here, or what does this all mean; if you have ever wondered whether there is something more; if you have ever sought eternity or heaven or peace; if you have ever laid on a beach or on the grass at night and stared in awe at the limitless, swirling universe; if you have ever sought the true, immortal, timeless nature of who you are; if you have ever sought your soul and your connection to all that is; if you have ever wanted to be truly free, then give yourself and your loved ones the gift of exploring Option Method." [Ira R.]



**Contact Information**

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