



Dr. Tom Pinkson

During this Time of Great Turning, You can turn Hardship into Hardiness

For over forty years Dr. Tom Pinkson has studied the world's great wisdom traditions and identified tools and teachings you can use in daily life to survive and thrive.

- Discover the 3C's of the *Hardiness Personality* and how to cultivate them in your life.
- Stay healthy in times of stress.
- Learn *Resiliency Practices* that produce positive results.
- Live the "Hero's Journey."
- Tap your intuitive wellness-wisdom.
- Educational, inspirational, experiential and fun.



Yurt at Spirit House
Center for Healing



The wawa seed is an ancient African symbol for one who is strong and perseveres through hardship.

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The Hardiness Factor™

Training for Emotional Resilience in Times of Crisis, Change, and Challenge

Saturday, April 25, 2009

12:00 noon to 6:00 p.m.

\$80 per person or \$75 each with a friend

16550 Franklin Road, Fort Bragg, CA 95437

Contact Ron Nadeau • 707-961-0776 or spirithouse@mcn.org

Tom Pinkson, PhD

Psychologist, business consultant, keynote speaker, initiated shaman, retreat leader and author of four books on the interface of indigenous spirituality and the challenges facing our world today, Dr. Tom Pinkson is a bridge builder uniting hearts, minds and cultures. He is a husband, father and grandfather and loves to sing, play guitar, and shine light into dark places.