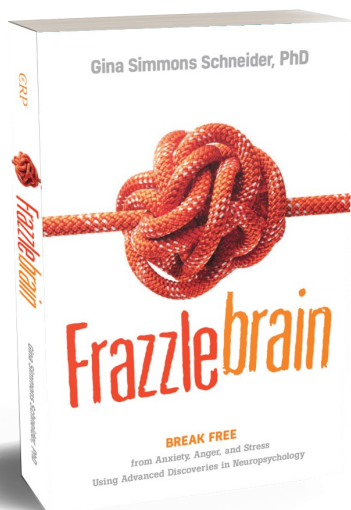


December Author of the Month

Gina Simmons Schneider

Frazzlebrain



Tuesday, December 12, 2023

6:00-7:30

San Diego Central Library
5th Floor Virtual Travel Center

Please join us for a special evening presenting local author Gina Simmons Schneider, PhD, and her featured book, ***Frazzlebrain: Break Free From Anxiety, Anger, and Stress Using Advanced Discoveries in Neuropsychology***. Between the demands of work, health, family, and friends, many people report feelings of worry, irritability, and increasing stress. Dr. Gina Simmons Schneider explains the link between anxiety, anger, and stress and shares groundbreaking remedies from neuropsychology. These tools will strengthen your resilience and expand your capacity for happiness.



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