

Joan Miller, Ph. D.

Licensed Clinical Psychologist

Doctor's Building
2520 Windy Hill Road, Suite 106
Marietta, Georgia 30067-8633

Telephone: (770) 952-3308
Fax: (770) 952-3309
Email: joanmiller@mindspring.com

I Can Help You Get Your Life Back On Track

by
Joan Miller, Ph.D.

LIFE can be like a roller coaster -- a thrill ride filled with unexpected twists and turns.

WHEN your life takes a downward turn, you may find yourself overwhelmed in dealing with seemingly impossible issues -- like an unhappy relationship, a relationship of two that ends without warning, ever-mounting pressures at work, or headaches that won't go away. You may be feeling depressed, lonely, anxious or frustrated.






IGNORING your feelings won't make them go away. Dealing effectively with the issues will allow you to get your life back on track. I can help you understand what AND/OR causes your distress, as well as teach you how to reduce the intensity of the emotional reactions, therefore restoring your happiness, confidence, and a sense of well-being.

WITH my extensive experience, I can help you get headed in the right direction. In addition to supporting you in discovering practical solutions, I can teach you more effective coping strategies and loan you materials from my comprehensive library.

Compassionate Care

I became a psychologist because I genuinely care about helping people successfully handle the challenges they face in their lives.

I'LL do more than just listen. I'll provide information and ideas to assist you in moving past your emotional pain and find sustained happiness. I can help you bring clarity and balance back into your life, especially if you're dealing with:

	Turmoil and disillusion in a significant relationship
	A recently ended relationship that's left you feeling alone or unwanted
	On-the-job stress that leaves you feeling frustrated and drained at the end of your work day
	A sense of inadequacy or low self-esteem
	Persistent headaches

Life's too short to merely "live with" loneliness, grief or stress

WHATEVER is causing your pain, I'm willing to work with you to find relief. I'll help you to determine your personality style and then learn to build on your strengths. Through confidential counseling

and materials that I'll loan you, you'll learn to cope with your issues and feel more confident that you can manage the challenges of your life. As you rediscover the joy of living, you'll have the tools and strategies to achieve your goals. You can enjoy a rich, satisfying and happy life. To learn more general in-

formation about psychotherapy, visit Frequently Asked Questions. You can learn more about me on my Biography page and more about my practice at Practice Information. I can explain more about this process in a free, confidential, twenty minute phone consultation. If you're coming in for therapy, you'll be

asked to fill out a biographical information form. I can also send you some additional materials.

THE first step is yours. To learn more about how I can help you, simply call today for your complimentary consultation or e-mail me at joanmiller@mindspring.com.