



Begin Your Inner Healing Today



Happy Holidays! As we continue to experience the Holidays this season and year, there are a variety of issues and conversations that my clients and their family's are struggling with as we approach 2017.

The ART of INTIMACY: Flirting:
Being playful with your partner during the Holidays!

As we approach the Holidays, so many of my clients are "busy", going to parties, working, and finding no time for each other let alone intimacy with their partners! I can completely understand and find myself feeling the same way with my husband. Ester Perel, a leading therapist, author and expert on intimacy, sex and marriage writes the following regarding how to reconnect



Give yourself a Gift and New start for 2017! Save \$170 with a gift for yourself or loved one...

NEW YORK TIMES BESTSELLING AUTHOR [RICK HANSON, PH.D.](#) IS YOUR PERSONAL GUIDE IN LEARNING TO:

- experience more pleasure and joy in daily life
- have more loving, satisfying relationships
- free yourself from past painful experiences
- feel less stressed, worried, or blue,
- be more mindful, grateful, and hopeful

For more information go to: [Foundations of Well Being](#)

The Opposite of Addiction is Connection!

As most of my clients know after working with me, I have a strong "attachment" focus meaning that I look

during this busy time of the year!

"Everyone remembers the moment when you were standing in a crowded party and you made eye contact with someone standing across the room. The electricity. The frisson. The delicious possibility of circling this attractive stranger the entire evening. You looked up, then looked away. And so it began."

The word "flirt" comes from the French word "fleuret"

You want to see flirting in action? Watch the video link or video below:

[flirting: Humans following animals courships lead](#)

To read the rest of the blog, click here!

[Carolyn's Blog on Flirting and intimacy](#)



for the connection or "disconnection" or bonding issue that may be going on between couples or individuals when discussing issues or struggles they may bring into sessions. More than half of my clients are also dealing with some type of addiction in their lives or someone in their immediate families life. This below video is right on to the effect of relationship, connection or lack of in our lives and how addiction can take a strong hold when we are isolated, disconnected and feeling alone in our social or relational selves.

[*Opposite of addiction is connection*](#)

Beautiful Song about relationship! Listen to the words, there is always hope and possibility... and what a great many of us are working and building towards. Enjoy these beautiful words and song.

[Johnny Swim, Take the World](#)

Happy Holidays and Happy New Year, I cannot believe 2017 is almost year and all of its possibilities that lies within its upcoming months!

Thank you for being a client of Collaborate Counseling and your referrals! I hope the information, links and videos you will find helpful and a resource

when needed. As always, if there is anything I can do please reach out, send me an email or call!

Sincerely,

Carolyn Placzek

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