

# A GIANT SLUMBERS WITHIN!

A Life Changing Seminar by Dr. Adam Milman  
January 29 at 7pm & 30 at 6pm

## DAY 1

Understand fundamental human needs that influence your decisions, actions, career and relationships.

That how you meet these needs may lead to short-term pleasure, but long-term suffering.

How overemphasis of one need can lead to pain and regret

Understand what ultimately holds you back from achieving your goals and attaining the life you want.

Stop Baruch Hashem-ing (Thanking G-d) yourself into mediocrity.

## DAY 2

What determines your emotional state?

Can you change it without medication?

What are your core values and emotions that determine what you do, think and believe?

What is your paradigm of the world?

Why does the paradigm make it so difficult for you to feel pleasure, but so easy for you to feel pain?

Attend in person or on Zoom. \$20 for one seminar or \$35 for both as a tax deductible donation to Young Israel of Las Vegas.

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tickets: [philosopherdoc.com](http://philosopherdoc.com)