



**Looking forward to a new tomorrow?
Try *reward-based learning* for lasting habit change**

Over the last intensely challenging year, many have turned to unhealthy coping mechanisms including, overconsumption of food, substances or screen time, and mental behaviors such as worry, overthinking or procrastination.

**Discover [UNWINDING ANXIETY](#)
an innovative program combining neuroscience research and mindfulness tools
for sustainable habit change.**

Nancy Logue, PhD and Laurence Magro, LMHC offer a 6-week live interactive online course based on Dr. Jud Brewer's 3-step model with his apps as a textbook.

**Explore key concepts and practice experiential exercises
with expert guidance and support.
Sharing the journey makes it more engaging and effective.**

Monday mornings 9:00-10:30 am ET / 6:30-8:00 am PT

or

Tuesday evenings 5:00-6:30 pm ET / 2:00-3:30 pm PT

[REGISTER HERE](#)

contact: nancy@nancyloguephd.com