

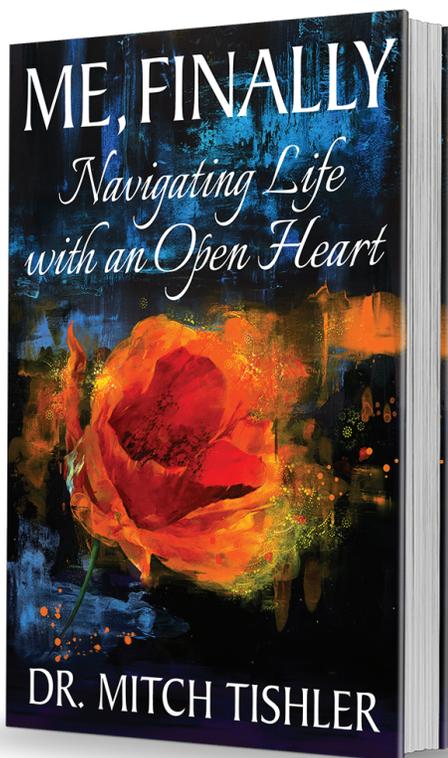


Presents:

**A Meet and Greet with Author Dr. Mitch Tishler**

Your Heart is calling you to be your fullest expression  
calling you to be

# *Me, Finally*



During this event Dr. Mitch Tishler will discuss how his recently released book *Me, Finally: Navigating Life with an Open Heart* supports us to develop simple skills for living life with greater ease.

*Me, Finally* is based upon Seeing With Heart™ - a paradigm shifting journey for cultivating inner peace, awakening the love of self, and living beyond fear - which Mitch has been sharing since 2000.

Mitch will also weave the deeply moving sounds of the harmonium - a hand pumped organ commonly found in traditional Indian music - into the experience.

Organic Market Mashpee  
32 Market Street, Mashpee MA

12-4pm  
January 30th