

Why It's Hard Being Human: The Ways We Create Our Own Suffering And What To Do About It

Dr. Forsyth is a scientist, author, and licensed clinical psychologist. He has traveled the world giving talks about the benefits of mindful acceptance, kindness and compassion, and how to live a valued life using a research-based approach to psychological health and wellness called Acceptance and Commitment Therapy (ACT).

Thursday, April 24

Roger Bacon Key
Auditorium

7-8pm

**John
Forsyth,
PhD**



*Sponsored by the Siena Psychology Department
and Psychology Club*