

# PRACTICAL WAYS TO TRANSFORM YOUR LIFE

Lake Hiawatha Branch Library  
68 Nokomis Ave.  
Lake Hiawatha, NJ  
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[www.parsippanylibrary.org](http://www.parsippanylibrary.org)



**Thursday January 4, 2018**

**7:00 - 8:00 pm**

**Do you have any New Year's resolutions?**

**Lou Redmond, speaker, meditation guide and author of *Find Your Truth - A Modern Day Story About Letting Go of Addiction and Finding Life's Purpose*, will give a talk to inspire and empower audiences to make positive changes in their lives. Practical steps for growth will be discussed as well as some guidance for self-inquiry and how to live one's life with purpose and happiness.**

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The Library is the  of your Community!