

BOOK TALK & SIGNING

Change Your Story, Change Your Brain

Dr. Linda Miles



CAPITAL MEDICAL
SOCIETY
FOUNDATION



CAPITAL MEDICAL
SOCIETY
ALLIANCE

SUNDAY | MARCH 25 | 2PM

A native of Tallahassee, Dr. Miles graduated from Leon High & has been a psychotherapist in the community for over 35 years.

"Change Your Story, Change Your Brain" is a guide to living more fully in the present moment. As you live with greater intention, you can literally change the structure of your brain.

Join Us & Our Guest Hosts:

Ann Gabor • Samantha Loebig • Jane Marks
Jennifer Miles • Amy Pagano • Andrea Stephens



HEARTH & SOUL
1410 MARKET STREET