

Press Release for Kingsley Gallup reading at Louis B. Goodall Library

For Immediate Release

FMI: Nancy McCallum, 207-337-2131

**Kennebunk Psychotherapist and Author Kingsley Gallup  
A discussion at Louis B. Goodall Memorial Library  
June 6, 2017 6:30 PM**

Sanford — Are you interested in making some positive changes in this new year? Kennebunk therapist and author Kingsley Gallup will discuss some tips for personal change and growth when she reads from her book *Project Personal Freedom* at the Louis B. Goodall Memorial Library, **Tuesday June 6 at 6:30.**

***Project Personal Freedom*** is a daily guidebook of inspirational and instructional tips to help those who feel trapped by circumstances, belief systems and/or emotions to access a stronger sense of personal freedom. Gallup wrote this book for a wide audience – for people dealing with occasional stress, to those who suffer chronic conditions, such as depression, anxiety and PTSD.

Gallup, MA, LPC, NCC, DCC, is a licensed professional counselor, nationally certified counselor, distance-credentialed counselor and certified mediator.

Light refreshments will be served.

The library is at 952 Main Street in Sanford, Maine. FMI: 207-324-4714;  
[www.lbgoodall.org](http://www.lbgoodall.org)

FMI about Kingsley Gallup: [www.personalfreedominstitute.com](http://www.personalfreedominstitute.com)