



**These simple ideas will
radically change your life!**

Down With Ego Driven Suffering, Stress, and Strain

With Rev. Anne Sermons Gillis ezosophy.com

Most people agree that life is hard, but few realize that life is not hard all the time. Pain is necessary but suffering is optional.

- **Give up Hard Attacks. Hardaholic no more.**
- **Drop the drama.**
- **Make your life easier. Ease is not indolence; rather, ease is the art of accomplishment without struggle.**
- **Have fun and learn to identify ego driven suffering (EDS).**

Gillis is the author of 4 books. She resides in The Woodlands, Tx and has been teaching consciousness principles for more than 40 years. Gillis is sincere but not serious, and her teaching skills are loaded with information and humor. Her latest book, *Words Make a Difference*, came out in August. Thousands of people now benefit from the EZosophy philosophy.

Location: Unity of Charleston

Date: October 9, 2016 at 1 PM

Fee: Conscious Giving Appreciated \$10.00 to \$40.00. Bring your own beverage.

Lunch provided for participants after the service.