



Be Brave. Make Space.



Hi! I'm Margie

Hello! This week I'm covering how to understand your emotions, how discomfort is a pathway to growth, and 101 ways to relax without drinking alcohol. I hope you enjoy the articles and I'd love to hear your feedback. My social links are at the bottom of this newsletter, so drop a comment or two to let me know. As always, please check my website to learn more about me and my life coaching practice.

**Brave Space
Website**



Podcast from Hidden Brain: Decoding Emotions

"We like to think that all humans are born with the same core emotions: anger, fear, joy, sadness and disgust. But what if that's not true? This week, psychologist Batja Mesquita offers a different model of emotions — one that can help us to better understand our own feelings and those of the people around us."

[Listen Here](#)



Discomfort: A Pathway to Growth

Key Points from the article:

- Research supports the idea that discomfort can be a catalyst for growth.
- One way to avoid growth, while reinforcing your comfort zone, is to only associate with like-minded people.
- The next time you experience discomfort, don't run away from it. Embrace it as an opportunity for growth.

[Read Here](#)



How Can I Relax Without Drinking?

"If you are cutting down, taking a break or quitting alcohol, or just thinking about changing your drinking, you might be wondering how you can relax without drinking alcohol.

Relaxation is a priority for many people right now because the world is a stressful place. Living through the pandemic, living with social injustice and living with financial insecurity might be having a direct impact on your stress levels. And relaxation shouldn't just be for people with privilege. Learning to relax builds your resilience and gives you an inner resource to cope with life's challenges."

[Read Here](#)



Give Me a Break! From Hangovers, Bloating and Anxiety! Registration Open

The Give Me A Break!! program is launching August 1st. If you want to take a much deserved booze-break or booze-cut back, I

hope you'll join me for a 14-week program full of learning, sharing, and community. I'm running this small group program because, quite honestly, I wish it had been there for me when I needed it. I changed my relationship with alcohol and I believe in the process so much that I became a certified life coach. I will coach you in this program and help you understand how the alcohol is keeping you stuck. Need more info? I've got you covered. Click the button below!

**Learn
More**

Connect with me!



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