



How to Survive Stressful Life Experiences and Live Better in the Present



David Strulowitz, JD and LLM
Sunday, December 6, 2020

Optional Breakfast Pickup at 9 am, Zoom Program at 10 am

Order Breakfast by November 30th at <https://cbsmensclubevents.square.site/>

Please join us for a timely and compelling discussion that will provide insights and tools for dealing with the stress of everyday life in these challenging times. David will help us understand how to turn challenges into blessings, connect with inner peace, discover our inner gifts, and recognize that everything that happens to us is for our own good.

David is a tax attorney who has appeared on WGN radio's "Noon Business Hour" with Sherman Kaplan and Kris Kridel. He also leads a class in Jewish Meditation/Mindfulness where he teaches his students how to change their perspective and improve their daily lives by learning the spiritual rules and practical meditative tools.

David earned a B.S. in business and accounting from Boston University; a J.D. from BU's School of Law; and an LL.M. in taxation from NYU's School of Law.

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