

# About James Blundo

The problem most people suffer from is not believing in or understanding themselves, making them feel inadequate. Shame and confusion can be the result.

With his vast knowledge from training and 40 years of experience, James Blundo has provided personal counseling to thousands in individual and group settings.

He will help you in a compassionate, non-judgmental, way to begin believing in yourself with an increased sense of well-being.

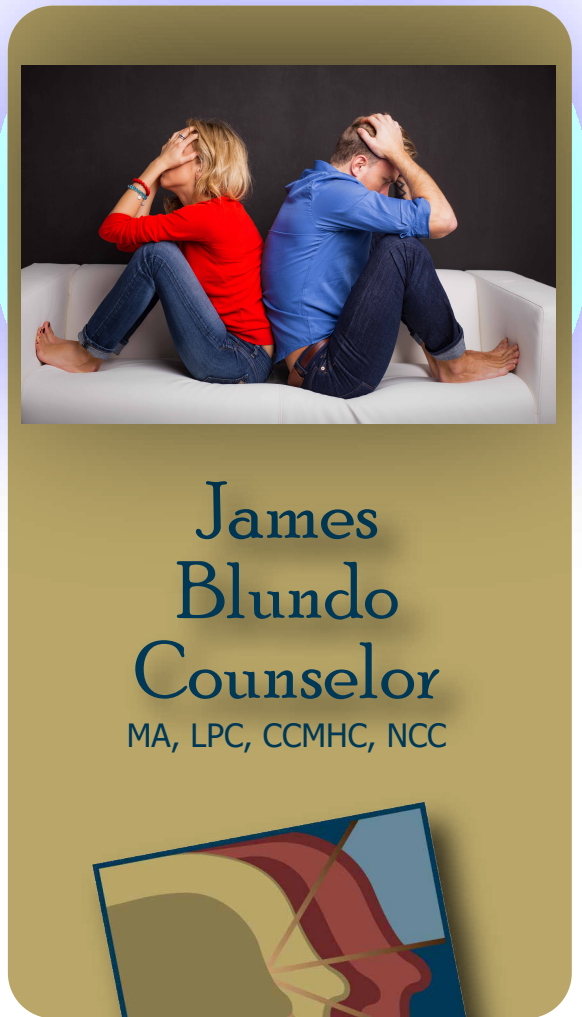


## Life has momentum.

There are moments in time when most things wrong can be made right. Let me be the stimulus that helps initiate a whole new beginning for you. Let us begin with one choice that begets another choice. Let the dominoes start falling in the right direction.

## A peaceful life without medication is the ultimate high.

Drugs don't heal the mind. They are a short term solution without resolution. Everyone deserves the opportunity to live a full life. Putting a voice to personal concern accomplishes this goal. Talking with a professional you can trust really works.



It's not enough to survive.  
It's also possible to thrive.  
Everyone deserves the  
opportunity to live a full life.

# A Unique Approach to Personal Counseling

Why does talk therapy work?  
Why will you feel better about yourself  
and the direction of your life?

It does not reinforce the negative...it  
creates positive, hopeful outcomes.

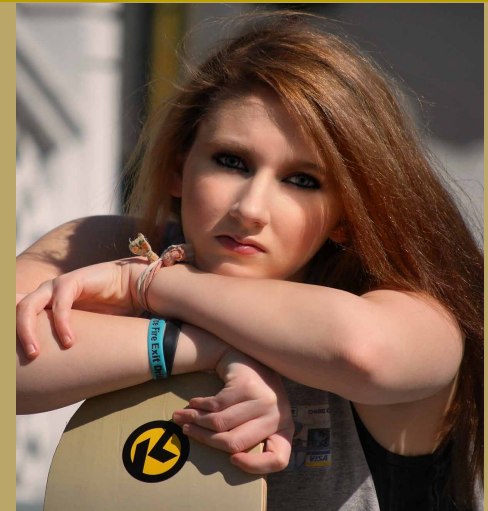
It helps you learn how the negative events  
in your life impact you in the present.

It helps you understand how you process  
and integrate your thoughts and feelings.

It will help develop understanding, com-  
passion, and awareness for yourself and  
others.

## Specialty Services

- Alternative Treatment to Medication
- Couples Counseling
- Family / Children / Teen Issues
- Young Adult Life Directions
- Adult Children of Alcoholics
- Divorce Recovery
- Anxiety / Panic Attacks
- Depression / Hopelessness
- Trauma / Grief & Loss
- Coping Skills



Counseling can bring your life back under control.

“Everyone deserves the  
opportunity to live a full life.”

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Let James help you put  
clarity and exhilaration  
back in your life.”

## Who should come to see James?

- Those who want and need change in their lives.
- Those who want to function better more of the time.
- Those who want to create a life that is meaningful, intentional, and joyful.
- Those who want to be the master of their destiny.

“Taking the first step  
toward getting help is often  
the most difficult.”

James offers counseling services with  
flexible hours, individually talking  
about personal issues with  
exclusive confidentiality.

## Contact Information

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“I never knew what I was going to be coming home to.”

