

Hi @firstname!

My mantra for this Spring has been 'shared joy is double joy, shared sorrow is half sorrow'. This (apparently Swedish) proverb has been living rent free on repeat in my brain for weeks. Reflect on it and consider how you have shared your joy (and sorrow) with others recently. It takes bravery and strength - I encourage you to reach out to someone you care about today.

Spring is here in full bloom and I am loving the longer days, blossoming flowers, and the excitement/energy that come with summer plans. I am less thrilled about paying taxes, allergies, and FOMO because there are so many things to do and so little time.

How is your spring going so far??? Many of the couples and individuals I am working with are seeing big changes in their moods, families, and relationships. Some changes are welcome and positive, while others are challenging and confusing. Lately I have had more and more couples reach out to me for support after deciding to separate. This big change to a relationship comes with difficulty and I have been working hard to keep up to date on the best practices and resources to support you if you find yourself in that situation.

As always, my practice is here to serve you and your relationship needs. I specialize in helping couples and individuals to better manage anxiety/depression, build trust and intimacy, improve communication, and generally feel happier and better grounded in life. The values that we practice and center in every session are Growth & Gratitude because these fundamental human expressions are vital to happiness.

My evening time slots are quite full these days but I do have flexibility during the day for more client sessions. Please consider reaching out if you haven't scheduled recently or are struggling with something and want help. Feel free to let your friends and family know that you are connected to an expert therapist who offers online sessions with daytime availability. The best compliment I could ever earn is your trust by referring a friend or loved one to me for help and support.

All the best!

Remember that when you schedule your first session you receive a FREE .pdf of ['Check-in & Chill: The Couples Guide to Healthy Communication'*](#). This one of-a-kind resource was developed using the best research on helping couples stop their endless

pattern of conflicts. Explore 15+ pages of detailed step-by-step instruction, examples, resources to learn more, and FAQ to help your relationship feel more connected.

If you are not an active client then here is the free [short version](#) for you to check out before purchasing this helpful resource (share the link with your friends!) Email me if you want to purchase the full guide for \$20.



Quick listen - powerful message...([Flamenco by Beyonce](#)).

With intention,
-Dr. Dan

Please reach out to let me know how I can help and support you! Please share [my website](#) with someone you know who may need support from a counselor OR book sessions yourself with [my online calendar](#). Available for daytime sessions and VERY limited afternoon/evening sessions.

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Dr. Dan Sneider, Ed.D., LCSW
[Growth and Gratitude Online Therapy](#)
[Schedule a Session Today to Improve Your Relationships](#)
Growth and Gratitude, PLLC
(904) 449-7061