

**Please join us in welcoming Alyce Barry to the North Shore  
Healing Center to present and sign copies of her book,  
"Practically Shameless"**

**ALYCE BARRY**

Practically Shameless is an uplifting and compassionate guide to transforming your life through Shadow Work. Using a story from the author's life, including a riveting first-person account of Shadow Work processes, this life-affirming narrative demonstrates how to honor your life, understand and befriend your resistance, and effect the lasting change you desire.

Alyce Barry is a Certified Shadow Work facilitator and coach since 2001, Woman Within 1996, BA Philosophy from Temple University, editor of the Shadow Work email newsletter. Alyce is a former member of the WIC community and has been featured in Heartbeat.

**WHEN:**

Tuesday, November 27th from 7:00 - 9:00 PM

**WHERE:**

North Shore Healing Center  
222 Waukegan Road,  
Glenview, IL 60025

Parking is located on the south end of the building.

Accessible by public transportation:  
Pace Bus #210, Glenview and Waukegan stop

Metra Chicago to Fox Lake train line, Golf stop

**WHO:**

Woman Within Graduates, MKP Warriors and anyone interested in Shadow Work.

**WHAT:**

Alyce's book will be available for purchase where a portion of her book sales will be donated to Women in Circle.

We thank Alyce for her generosity and look forward to seeing you at this event!

If you do not live in the area and cannot get to this event, "*Practically Shameless*" can also be purchased from Alyce Barry at [www.practicallyshameless.com](http://www.practicallyshameless.com)