

POWERAGENT MAGAZINE RECOMMENDS DR. JANE BOLTON

About Dr. Jane Bolton, PsyD, LMFT, CC
Psychotherapy and Master Results Life Coaching
By Taaffe O'Connell, October, 2008



Today, the amount of pressure placed upon the individual to maintain a perfect physical appearance and demeanor, especially those within the Motion Picture and Television Industry, has escalated to incomprehensible levels. Comparisons, impossibly high standards, and cruel press have led to a process of self-deprecation leaving many feeling inadequate and possibly depressed and lacking in confidence.

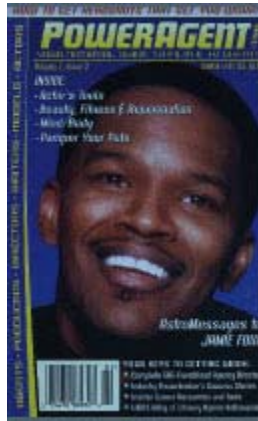
Without a foundation of self-love, and a past full of nurturing and care, it is difficult to believe in yourself enough to attempt to achieve your dreams to get that role or push yourself to the next level. Luckily, Dr. Jane Bolton, Psy.D.,L.M.F.T., is someone that has dedicated her life to finding ways to help all us industry individuals live our lives to their fullest potential.

The striking and dynamic Dr. Jane understands our issues, having been an exceptionally gifted actress who segued into Acting Coach. During this period of teaching, the innovative Dr. Jane, realizing that so very many actors had issues that needed to be healed, decided to take her support and assistance to the next level and become a psychotherapist. She received her masters in Los Angeles at Antioch University and was then awarded her Clinical Doctorate by the Institute of Contemporary Psychoanalysis.

She has become a leader in the field of Marriage and Family Therapy and is a member of the Los Angeles, California and American Associations of Marriage and Family Therapists. Working in Culver City, Dr. Jane has dedicated her practice to helping to re-start development and form important connections that might not have been made during childhood. Re-igniting youth and learning to love and appreciate who we are and the true potential that lies within each and every one of us.

Dr. Bolton firmly believes that is possible to start a process of renewal and growth, stating that: It is never too late to thaw our inner self and begin to grow again. We can experience that kind of secure attachment now. Therapy is dedicated to providing that for you. Therapy gives you an experience of being heard and understood. With a person devoted to learning who you are, and how you would like to be, over time enormous things are possible.

This message of positivity and inspiration is backed by years of experience, and her widespread influence-specifically in the Los Angeles Community. Practicing psychotherapy for sixteen years has earned her a reputation as an authority when it comes to building confidence that helps to build better relationships, and foster healthier, joyful families! Jane says it best when she sums up her mission: In short, I help people love themselves more fully so that they can love others more fully, too.



Is it not time to start down the path to self-acceptance and discovery? At the end of this journey is the possibility for a heightened career and family life. We all know how important confidence is within the Motion Picture and Television Industry! With Dr. Jane Bolton's proven, revolutionary methods to re-starting the development process, the renewal of marriage is possible and we can begin life free from anxiety.

If you are ready to RECOVER SELF ESTEEM and begin repairing relationships and living TOGETHER IN JOY, it is time to contact Dr. Jane Bolton, at (310) 838.6363 or give her an email jingle at JaneBolton@ca.rr.com.

Discover more information about her practice, her methods, and read articles she has published on her website, www.drjanebolton.com. Accomplish your dreams, and revive your most precious relationships, it is all very possible and within reach! Is it not time to Rediscover Your Self Confidence?

__Taaffe O'Connell