

Our vision is for a Paruresis free world. Until then, people with shy bladder will live life to the fullest.



"Freedom Press" eZine
December 2017

IPA News



We now have a challenge grant in place – thanks to the generosity of several of our long-time members. The matching grant is for \$20,000 by the end of the year.

So, please contribute **today**. I cannot tell you how important it is for us to meet the challenge. If we do, we will be much closer to our target for our fundraising goal in 2018. During 2018 we will almost single-mindedly be focusing on alternative drug testing (first saliva, then hair) in the workplace. It's time to get these final regulations out!

Here are three different ways to donate to IPA's 2018 Campaign:

- 1) Use the PayPal Giving Fund button above: An additional 1% will be donated to IPA from the PayPal Giving Fund from all donations up until December 31st. - Online donation portal - use a debit and/or credit card.
- 2) Use the Network for Good button below: Online donation portal - use a debit and/or credit card.
- 3) Print a [DONOR FORM HERE](#) and mail in with a check or money order.

Anyone contributing \$1000 or more to IPA will get a signed copy of Dr. Soifer's new book "The Secret Phobia." If you contribute \$500 - \$999, you will get a Kindle Ebook copy of the same book.



Workshops

We are happy to announce our workshop schedule for 2018!

February 9-11 ~ Dallas, TX * March 2-4 ~ Mumbai, India * April 27-29 ~ Detroit, MI
May 4-6 ~ Winston-Salem, NC * June 6-8 ~ Denver, CO * June 6-8 ~ Baltimore, MD August
31 - September 2 ~ Speyer, Germany * September 7-9 ~ Los Angeles, CA October 19-21
~ Philadelphia, PA * November 2-4 ~ Vancouver, BC Canada

[Register by December 31st and take 25% off all workshops!](#)
(This deal will not repeat.)

Workshops in the USA and Canada

First timers Super Deal Fee: \$521.25 (or 1% of your income/whichever is smaller)
Returnees Super Deal Fee: \$296.25
Full-time Students: \$100

Workshops outside North America

First timers Super Deal Fee: €499 (or 1% of your income/whichever is smaller)

Returnees Super Deal Fee: €285

Full-time students: €100

Registration Info

Use the button above to find out how to register.

What Happens?

Use the button above to find out what happens at a workshop.

Schedule Info

Use the button above to view the workshop schedule details.

Paruresis in the News

Earlier this month an article on paruresis was published in Reader's Digest.

The Scientific Reason Behind Why Some People Have a Shy Bladder

By Morgan Cutolo

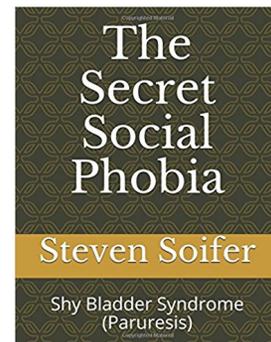
Have you ever been hanging out at a friend's house and tried going to the bathroom—but tense up and can't, since you know they're right outside and can maybe hear you? Or, have you been asked by a friend to wait outside the bathroom at a public place because they have a shy bladder? If this happens to you...[Read the rest here!](#)

New Ebook is Here

Dr. Soifer's new Ebook is out on Amazon in both Kindle edition and print form.

Click on the book cover ----->
to purchase a copy or to check it out

If you buy it and like it, please review it.
Thank you!



You're Not Alone

We had great dialog on IPA's talk forum last month. TheCandyMan asked DaveA. the following question which sparked some great responses:

I was watching your video titled "Efficient Gradual Exposure", and one thing that confuses me somewhat is the difference between enduring anxiety and embracing it. Perhaps my reaction to anxiety is so ingrained, but when I try to let myself feel the anxiety, I tense up. I don't really know how to embrace the anxiety in a way that doesn't make me tense up. If you could elaborate and perhaps try to describe the exact process of embracing anxiety rather than enduring it, I would greatly appreciate it...[To read the rest go here!](#)

[To join IPA Talk Forum go here to register. It's free!](#)

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