

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



"Freedom Press" eZine

December 2018

2019 Campaign Please support IPA in the coming year!

We are in the midst of our 2019 fundraising campaign. We have had a \$10,000 matching gift from a member, and I would like to see us bring in that much in contributions during the first week of December. Right now, we are about 1/3 of the way toward our \$100,000 goal for next year.

Please make your yearly contribution *before* our expensive and time consuming annual letter goes out. Every contribution now saves us money and time regarding the yearly mailing. So, **please**, consider making your donation **at this moment** to help the organization even more. You can go to one of the links below or [print out the donor form here and mail it in to us](#) (if that's what you prefer).

*You can donate and support IPA by using one of these buttons:
Network for Good or PayPal Giving Fund*



IPA News

We hope you had a wonderful Thanksgiving!
This year, Dr. Soifer spent his Thanksgiving in Germany, doing what we think was the 10th German workshop. It went very well, and we had two people from Switzerland and one person from the Netherlands with us. Before that, Dr. Soifer was in the UK meeting with the leadership of the UK Paruresis Trust (the equivalent of IPA here), which is going strong.

Paruresis News

Recently, we got a great article on Health website. So nice to see reporters who are also willing to share their stories with the public. To read the article click on the Health logo >>>>>>>>>>>>



You're Not Alone

Scott Adams Talks Openly About Shy Bladder In Q&A Session

Posted by DaveA

Scott Adams' (The Dilbert Guy) Periscope talk session, contains a 5 minute discussion of his shy bladder and dealing with it. He begins talking about his paruresis at about 37 minutes.

Want to see what it's like to be recovered from paruresis? [Get the rest here...](#)

[Join the IPA Talk Forum - go here to register. It's free!](#)

Workshops

2019 Workshop Schedule coming soon!

Dr. Soifer, CEO of IPA, available for Coaching Online

Through the mediums of Zoom, Skype, or Facebook (FaceTime and Messenger), Dr. Steven Soifer is available to coach anyone across the world on how to overcome their paruresis. He has recently been doing so with people in such diverse countries as Vietnam, Brazil, Spain, the Philippines and Lebanon. He has done so with men, women, and teenagers. So, if you are interested in this possibility, please contact him at ipasteven@gmail.com. There is a fee for this service, though it is based on a sliding scale and/or is waived in certain limited cases.

Dr. Soifer's new book "The Secret Social Phobia" is now out as an audiobook on [Amazon here](#). Check it out today!

Great Nonprofits

Thank you so much to all who helped! IPA is now a top rated nonprofit for 2018! [You can read our reviews here.](#)



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