

CHOICES

SPRING 2014

THE HAPPINESS ISSUE

HOW TO FIND
AND ACCEPT
HAPPINESS IN
YOUR LIFE

AN INTERVIEW WITH FRED PRYOR

SPEAKER AND
PHILANTHROPIST

BE 10% HAPPIER

THREE SIMPLE STEPS
TO BECOMING 10%
HAPPIER



HAPPINESS IS A CHOICE

LEARN HOW TO CREATE A
MORE POSITIVE YOU



A NEW OUTLOOK

SIMPLE STEPS TO CREATING A
MORE OPTIMISTIC OUTLOOK
FOR YOURSELF



IT'S THE LITTLE THINGS

FINDING TRUE JOY AND
LASTING HAPPINESS IN THE
LITTLE THINGS

CONTENTS



CHOOSE HAPPINESS

- 04** HAPPINESS IS A CHOICE
BY JUDI MOREO
- 10** THE SECRET TO
HAPPINESS
BY PAM BURKE TYLER
- 25** DO YOU WANT TO BE
HAPPY?
BY JOANN CORLEY
- 32** WHY "WHY" MAY BE THE
WRONG QUESTION
BY GINA GELDBACH-HALL
- 34** HAPPINESS
BY KRISTINE MODZELEWSKI M.S.
- 40** MAKE THE CHOICE TO BE
HAPPY
BY JUDI MOREO
- 44** HOW TO BE 10% HAPPIER

FINDING HAPPINESS

- 20** THE PURSUIT OF HAPPINESS
BY PETER SHANKLAND
- 28** HAPPINESS VS JOYFULNESS
BY D'ARCY BURKE
- 36** HOW HAPPY ARE YOU?
BY SANDRA GORE NEILSEN

CELEBRITY INTERVIEW

- 15** FRED PRYOR
BY JUDI MOREO

LIFESTYLE

- 08** IT'S THE LITTLE THINGS
BY LLOYD PALM
- 12** A NEW AND IMPROVED
OUTLOOK
BY ALISA WEIS
- 14** SOWING THE SEEDS OF
HAPPINESS
- 22** KEEPING IT SHARP -
HONING MY HAPPINESS
BY BECKY GRAVA DAVIS
- 46** A FINAL NOTE
BY JUDI MOREO

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FROM THE EDITOR

When I was a child, my mother gave me a small, framed copy of a poem entitled, "I'm Happy Being Me."

"Imagine how happy and free I could be
If I took me a little less seriously –
If I'd laugh at my faults every once in a while,
And accept my mistakes with a shrug and a smile,
If I'd take little setbacks and failures in stride,
And remember successes with pleasure and pride –
Imagine how happy and free I could be
If I did all I could to enjoy being me!"

The anonymous writer really clarified for me what I needed to do to be happy. From her poem, I learned that even though certain life circumstances may not be good, we can do something about them. We can change our attitudes. We can do something positive. We can choose to be happy and if we do, we'll be free of negative influences and baggage.

If you want to be happier, turn off the television and the radio for at least 20 minutes a day and spend that time in silence by yourself. Put positive thoughts in your head. Your subconscious doesn't care what you put into it. It will respond to any

thought it receives. Focus on your biggest goal and mentally see yourself achieving it or having it. This will prove to you that life has very few limits for you.

The Law of Cause and Effect tells us we can change the effect only by changing the cause. If we are thinking negative thoughts, we are going to get negative results. When you keep doing the same old thing in the same old way, it's not only called insanity...it's called pure stubbornness. If you want different results or a different effect in your life, you must change the cause. You get what you expect.

Once you understand and accept this, it will change your life. As we live our

lives, we experience various degrees of consciousness. Whatever we have experienced thus far might have been experienced differently, if only we had understood that our expectations produced the results we achieved. If you want to grow strawberries, don't plant turnip seeds. If you want more happiness in your life, don't plant hate. Plant love.

Love is a necessary ingredient to a happy, successful, joyous, creative, and productive life. Start by taking yourself less seriously, laugh at your faults and mistakes, be proud of who you are and all that you have done. Love yourself. When you program your mind with positive thoughts, you realign your body chemistry and make yourself healthier and happier.

This little framed, old, tattered poem sits on my desk today and reminds me every day what I need to do to maintain my happiness. What are you doing to maintain yours?

Judi

HAPPINESS IS A CHOICE

BY JUDI MOREO

“Be nice to yourself... It’s hard to be happy when someone is mean to you all the time.”

- Christine Arylo



Happy people make themselves happy. They have goals, dreams, desires, wants, and needs. They develop an attitude of “happy.” This is done through their self-talk. They chose to deliberately and consciously talk to themselves in a positive manner.

When we talk to ourselves in a positive manner, we are taking steps toward everything we desire in life---successful relationships, financial freedom, material possessions, happiness, and self-confidence. So, how do you do it?

Write down one bad habit you have – maybe telling yourself you’re stupid or gossiping about other people. Write out what you will do to stop this behavior. That’s right. You must consciously decide to do or say something else instead. We really don’t give up bad habits, we replace the negative actions with positive

ones. If you hear a little voice talking negatively inside your head, say aloud, “Stop” and then replace that thought with something good about yourself or the other person. We are all human. We all say or do things from time to time that we are not proud of. We all make mistakes. We all fall down occasionally. We must pick ourselves back up, talk as kindly to ourselves as we would to someone else in the same circumstances, and then continue on.

It is important to write down any concerns that you have and want to deal with and then identify the change, outcome, or results you would like. Let’s say one concern you have might be a lack of confidence. The result you want is to feel strong, courageous, and confident.

Write a positive affirmation for each of your concerns. For example, if lack of confidence is the concern, instead of writing what you may be feeling like

“I am nervous,” or “I am afraid,” write, “I am a confident person.” Write this statement on a 3” x 5” index card.

Read your statement aloud each day for a minimum of 21 days. If your mind resists or argues, tell it to “Stop,” or “Thank you for sharing.” Then, repeat the affirming statement again. You may want to write your affirming statement on several index cards and place some of them where you will see them often, such as on your bathroom mirror, the refrigerator door, the visor in your car, or next to your telephone. This way, you will see the statement often and remember to read it regularly. Be sure to continue practicing until your mind has accepted the statement as true and you have achieved your desired result.

Be sure your statement is positive, affirming, and written in the present tense. Here’s one you might like to copy onto a 3” x 5” card.

"I am free of limitation and negativity. My life is filled with endless possibilities. I face each new challenge with positive energy and enthusiasm, knowing I am capable of creating my own success. I am happy."

Happy people also talk to others in a positive way. When people ask them how they are, they say, "Wonderful," "Marvelous," or "Terrific." They show interest in other people by replying, "And you: how are you?" and then listening to the other person's answer. When you ask unhappy people how they are, they usually say things like, "Better than nothing," "Not bad," or "Okay." These are almost always in a tone of voice that lets you know things really aren't so good with them. They usually don't have much good to say about others either. My mother

always said, "If you don't know something good to say about someone else, keep your mouth shut." That was very sage advice. I learned that speaking badly about others adds negativity into my own life.

Negativity pulls us down and contributes to unhappiness. In addition, whenever you say bad things about other people, it reflects poorly on you. In many cases, it makes other people want to stay away from you and your negativity. It identifies you as a gossip and most of us don't want to be around someone who gossips.

Recently a woman I know came up to me and said, "I know you don't like gossip, but..." and then proceeded to tell me her gossip. Now, why would someone deliberately do something

that she knows the other person doesn't like? This woman is one of the most negative, unhappy people I know and she is re-creating her unhappiness daily. She drives people away and then attempts to justify the fact that people don't like her. She's caught up in a negative, unhappy spiral and needs to tell herself to "Stop." Then, do some serious positive self-programming. Is it possible for someone like this to turn around? Yes, with commitment to improvement.

If you see someone doing something well, looking good, or being kind to someone else, compliment him or her. Many people have told me they don't have time to compliment others, or they are afraid the other person may think they are strange. If that's true, why is it they have time to find fault





with others and complain about them? Why would they care if someone thinks they are strange, especially if they are strange in a good way? When people are rewarded for their behavior, they will repeat that behavior. Remember, too, when you say something to someone else, you hear it as well. By saying positive things, you are raising your own ratio of negatives to positives.

It only takes a few seconds to say “You do your job very well,” or “You look fabulous in that color.” You’ll be amazed at how good you will feel after you pay a compliment to someone else. Remember, too, to pay yourself a compliment when you have done something well or something you are proud of. Remind yourself of the successes you have had – big and small,

the obstacles you’ve overcome, and the love you’ve shared. Think about the strengths and characteristics that make you who you are. Get out your goal achievement journal and review your list of accomplishments, blessings, and miracles. This act will push the negativity out of your mind and keep you focused on the things, people, and events that make you happy.

There’s an old saying, “Little people talk about other people. Average people talk about things. Great people talk about ideas and possibilities.” Happy people spend their time on ideas and possibilities. Make the choice to be happy! You’ll be glad you did.



ABOUT THE AUTHOR

Judi Moreo is the author of the award-winning book, “You Are More Than Enough: Every Woman’s Guide to Purpose, Passion, and Power” as well as its companion, *Achievement Journal*. She is a Certified Speaking Professional who has spoken in 28 countries around the world. Less than 10 percent of the speakers in the world hold this highly respected designation. To contact Judi or book her for a speaking engagement, contact Turning Point International, (702) 896-2228 or judi@judimoreo.com.

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IT'S THE LITTLE THINGS

BY LLOYD PALM

W

e can't teach happiness. We can't make people happy. We can't force people to be happy. We can't even create

happiness by giving them material things. We certainly can't make another person happy by giving up things in our own lives. In the process of attempting to make others happy, we deny ourselves the infinite joys of life. It simply is not possible for one person to make another one happy.

Happiness is our own responsibility. Each and every one of us chooses whether or not we are happy or unhappy. I watch and study people from all walks of life and I have observed that people create their own emotional states.

One of the reasons people can be unhappy is they view the "work" they have chosen as a nasty situation they must endure from day to day because they "have" to make a living or they need the insurance. We should never work at a job we don't love. Dolly Parton said it best when she said, "Find the work you love and you will never work a day in your life." This has been true for me ever since I was a boy and started my first business. I am 75 years old and still involved in my business every day.

Work hard, but enjoy every minute of it.

If you don't enjoy the work or career you have chosen, then re-educate yourself and travel in a new direction toward your dream.

Then, there are the negative things which cause people stress and unhappiness. Other people, who voice their negative opinions around us, are actually dumping negativity into our environment.

Negativity is like a virus. It is catching. It's hard to keep our emotional immune system working at optimum capacity when we are around people who are addicted to negativity. Other people don't have the right to spoil your day. Don't give them that power. We must be careful who we allow to be in our lives. We need to surround ourselves with people who have positive attitudes and who look for what is right with the world.

Take care of your body and your health. It's hard to be happy and cheerful when you don't feel good. Learn and practice healthy eating habits. Concentrate on eating foods which will supply your body with the vitamins and minerals you need to elevate your energy levels. Stay out of fast food restaurants so you won't be tempted to eat "junk" foods. Stay away from medications and drugs that have

negative side effects. Don't depend on the medical profession to "fix" you. Be proactive and avoid the necessity of being fixed. Take responsibility for your own health and do everything you can to get healthy and stay that way.

That also means, you must incorporate exercise into your daily routine. Exercise releases endorphins from your brain. Endorphins are the brain's "feel-good" neurotransmitters. The release of these will help to reduce your stress levels and make you feel happier.

It's really the little things in life that make us happy: A beautiful smile flashed in our direction. That tickled feeling you get when you see a child play. The animals that are so loyal and innocent. The feeling of new clothing against your skin. Seeing a rainbow or the stars on a dark night. We just need to learn to notice little things around us, appreciate them, say thank you for the things and experiences we encounter, compliment people when you notice something about them that you like or enjoy.

When things don't go as you thought they would, especially things you can't do anything about or have no control over, learn to say "Oh well," and concentrate



your efforts on something over which you have some control. There are so many positive things we can do to create happiness in our lives: go someplace you like to be, take yourself to a nice restaurant, buy yourself something that you've wanted for a while, listen to a song you really like, read self-help books, listen to cd's or mp3s, say affirmations.

You can even come up with a silly saying, like "Hippity Hop, Hippity Hop" which you say over and over to yourself. This will break any pattern of negative thinking and create a happy feeling. It doesn't have to make sense. It just works. Remember, you can't make anyone else happy. The only person you can make happy is you! When you make yourself happy and treat others with respect, you

allow them to be happy as well. And maybe...just maybe... we CAN teach them to be happy... by the example we set for them.

ABOUT THE AUTHOR

Lloyd Palm is the owner/operator of Lloyd L. Palm Construction, the largest gravel pit and rock crushing company in North Central Washington. At the age of 10, he was already a hard working entrepreneur, cutting and selling firewood for \$10.00 a cord. Hard work, wise investment, and a positive attitude led him to a successful career as a Washington State General Contractor. At the age of 75, he is still actively involved in running his business as well as pursuing his hobbies of writing and photography. This past year he was a finalist in the AARP's 50+ Model Search.



THE SECRET TO HAPPINESS

BY PAM BURKE TYLER



W

hat does it take to be happy? Is it more money, a new or bigger house, a different or better

job? Is it better relationships? What is it that we are waiting for to be happy?

The United States currently rates 17th happiest country out of 156 countries around the world. What is your level of overall satisfaction with your life? If you are not satisfied, content or happy, what steps can you take to change that?

What would happen if you made a conscience decision to stop waiting for something to happen before you could be happy?

Let's talk about the Happiness Advantage. Seventy-five per cent of job successes are predicted by your optimism levels, social support and ability to see stress as a challenge instead of a threat. Optimism is the feeling or belief that good things will happen in the future. The question that you should ask yourself is, "How am I looking at the world?" Perhaps you were told as a child not to look at the world "through rose colored glasses". This might have contributed to a negative outlook on the world.

A realistic vision and a negative view of life are not the same thing. It is not necessary to focus on the negatives in order to have a realistic vision.

Maybe you are asking yourself "How can I be happy in my current situation? You just don't understand what I am going through right now." If a psychologist knew everything about you, he or she would only be able to predict about 10% of your happiness level. If circumstances do not predict happiness, then how do we create happiness for ourselves? And just why does happiness matter so much?

When you are happier, you are 31% more productive, obstacles don't seem to be as overwhelming and you are much more able to take things in stride.

Before I tell you a few steps that you can take to make lasting, positive change, I will first share a story with

you. Six years ago, I was in the midst of a failing marriage, working for a failing company and applying for unemployment. I was losing my house to foreclosure and didn't really feel I had a lot to be happy, positive or thankful about. Now, I am working for a successful company, make a nice salary, and continue to experience growth, happiness and gratitude every day. So, I may not know your individual circumstance, but I do know what it is like to be close to despair and to see the difference that the choice to be happy has made in my life.

So, here is a way to begin. For the next 21 days, with just 2 to 3 minutes per day, follow these simple steps and you will begin to reap the rewards of happiness in your own life.

First, every day write down three reasons that you have to be grateful.

Each day, choose three new reasons. In 21 days, you will have identified 63 reasons to be thankful. A feeling of gratitude will help to increase your level of optimism. As you identify reasons to be grateful, your brain is reprogramming itself to look for even more reasons. This will begin to increase your level of optimism.

Next, start a journal. Every day, write down one positive experience. Writing down the experience helps you to re-live it, both during the writing and later, when you go back and read your journal. A life worth living is a life worth keeping track of, so remember to write about the positive experiences every day! This will not only help to cement the memory for you, but will give you something to draw on when you are having a less than stellar day. Life is worthwhile and should be celebrated. Writing it down is one way to celebrate!

Exercise is the next step. Exercise reminds us that our body is important and matters to us. Exercise for yourself. Exercise is your time to focus on yourself and to develop a loving relationship with your body. You and your body are going to have a lasting relationship. Celebrate and nurture your body. Exercise is also beneficial because it will produce endorphins. Endorphins are natural pain and stress fighters. When you exercise, you give yourself the advantage of increasing your resistance to stress.

Meditate. Meditation is taking the time to quiet all of the "background noise" in our brains and look within. Meditating every day will increase your level of focus and enable you to sort through all of the unnecessary distractions in your day. Meditate on some of the reasons you have to be happy and rejoice in all of the positive change that is beginning to occur in your life! Meditation is a form of concentrated focus and will enable you to clarify what you want, identify what makes you happy and why you can be grateful. It will better enable you to deal with stress and increase your inner peace. So take a few minutes to meditate every day! The results will be worthwhile!

Practice kindness. Whether it is a random act of kindness or a conscience act of kindness, practice this every day! A good way to get started is to send out a message of gratitude or a compliment to people in your social network. Encourage them or praise them in emails or through your social network (Facebook, Twitter, etc.) Helping others has enormous benefits for ourselves. It increases our level of connectivity and reminds us we are not alone, but part of a larger picture. Take joy in your ability to help, encourage and uplift

others! It will give you another thing to include in your list of "gratitude" and another positive journal entry!

Practice these steps for the next 21 days and see what a difference it makes for you in your life! We would love to hear your feedback and to celebrate your success with you! Believe me, happiness is worth your effort!



ABOUT THE AUTHOR

Pam Burke Tyler is a long time resident of Las Vegas. She is a graduate of the Operating Engineers apprenticeship program, where she learned many of her "hands-on" skills. She later taught the apprenticeship program for several years. She is the Director of Facilities at the Muckleshoot Casino in Auburn, Washington. Formerly, she was the Assistant Director of Facilities at the Silverton Casino in Las Vegas.

A NEW AND IMPROVED OUTLOOK

BY ALISA WEIS

When I told my husband that my only New Year's Resolution was a commitment to a more optimistic outlook, he was elated. "Introspective", "creative", and "quiet" are words that could be easily used to describe my persona, but "happy" hasn't quite topped that list. Though aware of my blessings, I sometimes allow (alright, often allow) negative tendencies, such as stress and anxiety, to override happiness.

In order to step out in faith that life is incredibly promising, there were certain things I had to intentionally begin or stop doing. Changing my entire outlook—from one of "glass half-empty" to expecting favorable outcomes—is requiring me to be more intentional about my thoughts and actions. Though I'm still very much in the process, I'd like to share several of the things I've begun doing that help me be far more inclined to smile.

Guarding My Input

Though I'd heard of friends and family who self-regulated their "input," whether that be selection of music station, reading material or movies viewed, I, unfortunately, thought I was immune to detrimental material. Apart from staying clear of hide-for-cover horror films, I was carefree with my reading material and, for years, invited many depressing books into my life.



While there's a place in education for the more heart-rending material—such as reading Elie Wiesl's *Night* to a class of 9th graders and taking a real look at lessons of man's inhumanity to man—there's also a place for uplifting stories. It's important to focus on books that show the light, hope, and redemption within humankind as well.

For several months I stayed away from tales of hardship and filled my bedside table with titles such as *How to Stop Worrying and Stop Living*, (Carnegie), *21 Ways to Find Peace and Happiness* (Meyer) and *You Are More than Enough* (Moreo). I can't tell you how refreshing it felt to focus on the "positives." I soon had many inspirational titles that I could loan to friends and family who were also looking for encouragement.

Positive Affirmation

I've long believed in the power of the spoken word: the stand in front of the mirror and proclaim it variety. From the start of our marriage, my husband practiced affirmations, and though he sometimes cracked me up with his "I'm a winner, I can do anything I set out to do," lines, I saw the difference it made in his telecommunications business and in his interaction with people at large.

I hadn't deliberately made self-affirmations ("I am beautiful", "complete", "a blessing to others") a default like he had, but during a bout of anxiety last year, I realized now was the time to start doing so. In addition to speaking my value aloud, I remembered to put verses and

inspiring quotes on note cards and taped them around my house.

It turns out the uplifting messages weren't only validating to me; one of my babysitters approached me at the end of her shift and told me she'd been struggling with anxiety for quite some time. Those messages, she told me, were more helpful than I could know. How amazing that words written on note cards could make such a difference.

Helping Others

Right around the time I was especially in need of those inspirational quotes, I didn't feel capable or even interested in reaching out to others. Trying to keep my spirits lifted and my family taken care of seemed a full time job within itself. Yet, when requests surfaced on my screen to sign up for preparation of

meals for people either recovering from surgery or having new babies, I felt led to write my name down.

Though it seemed I was merely going through the motions in the beginning, before I realized it, my mind was on the delicious meal I was making and the person who would appreciate my efforts. Focusing on the needs of others, even when you're in the midst of trying times, can fuel your day with positive energy you hadn't expected.

As you undoubtedly know, happenings of life can make you feel tossed about at times. Though I'm only three months into this challenge, I can't tell you how glad I am to be striving for a more optimistic outlook, doing whatever I can to rise above the currents. More than once a day I tell myself, "Choose joy." And it really works.

"For every minute you are angry you lose sixty seconds of happiness."

— Ralph Waldo Emerson



ABOUT THE AUTHOR

Alisa Weis holds a Masters in Secondary Education and is a freelance writer for several newspapers in Washington State. When she isn't consumed with a writing project, she can be found taking care of her two young children, running, or attending professional development conferences.



SOWING THE SEEDS OF HAPPINESS

What does it take to be truly happy and have feelings of joy permeate your everyday life? Six British experts have found what they say are 10 simple steps we can all take to make our lives happy, reports the BBC News. The team determined that the “seeds of happiness” are in this 10-point plan.

1. Plant something and nurture it
2. Count your blessings-- at least five-- at the end of each day
3. Take time to talk. Have an hour-long conversation with a loved one each week
4. Phone a friend with whom you have not spoken for a while and arrange to meet up
5. Give yourself a treat every day and take the time to really enjoy it
6. Have a good laugh at least once each day
7. Get physical. Exercise for half an hour three times a week
8. Smile at and/or say hello to a stranger at least once each day
9. Cut your TV viewing by half
10. Spread kindness. Do a good turn for someone every day



FRED PRYOR

AN INTERVIEW

BY JUDI MOREO



red Pryor founded Fred Pryor Seminars in 1970 and is now the Founding Chairman of the Board of Fred Pryor

Seminars Career Track & Evelyn Wood Reading Dynamics which is a Division of Park University, Inc. He has spoken to approximately 8,000 audiences over several decades and was recently in Las Vegas to address the Las Vegas Chapter of the National Speakers Association where I had the opportunity to conduct this interview.

When you started Fred Pryor seminars, there were no public seminar companies. Training was mainly for CEO's and executives. What gave you the idea to do seminars at an affordable price so that companies would send all their employees?

In 1970, I began an active schedule of speaking to all kinds of audiences. I was fortunate to enter the training field at a time that it was being recognized as an important investment in a successful company to help their employees grow. I was doing some 225 seminars per year across the country and one night, when I was just totally

fatigued and too tired to work on the plane, I kicked back in my seat thinking I would sleep. I started thinking about how most companies were spending a lot of money on their top executives. They would send them away for a week or two to some remote location, for a price of about \$30,000 per executive. However, there was nothing for the people on the front line. As I was attempting to rest, it just popped into my mind that somebody should be bringing affordable training to the public on a national basis.

And then I thought that somebody should be me. So I did it. It was the right time. My plan was to travel to their city, negating the need of the participants to travel and have overnight hotel stays. I offered them a one day course for \$99, so for under a \$100 everyone could have a chance to learn and grow. It turned out that it was an important turning point in my life and in the education of the vast majority of the working force.

Did you have any idea it would grow into the national business it is today?

Mostly, I was thinking about how to sustain it in the present moment.

Periodically, I allowed myself to dream but it was very fleeting. Remember, I was speaking 225 times a year in 225 cities and I still had to oversee the running of the business even though I had someone running the day-to-day operations. There wasn't a whole lot of time to think about it. It's a lot like driving a car. You usually keep your car headlights on low beams but once in a while you kick them up to high beams just to see what's out there. So, occasionally we would kick things up to high beams, and dream a bit and some of those dreams came true.

The book of lists says the #1 fear of most people is speaking in front of a group in public. You've never appeared to have that fear or let distractions in the room distract you. Did you have it at one time, and if so, how did you overcome it?

I was a pastor for 12 years before I began my public speaking career. I have always believed the speaking experience is about "them," meaning the audience. It is not about the speaker. Whenever, we are in front of a group of people, we are there to give them something they need. If you get your mind off of yourself and

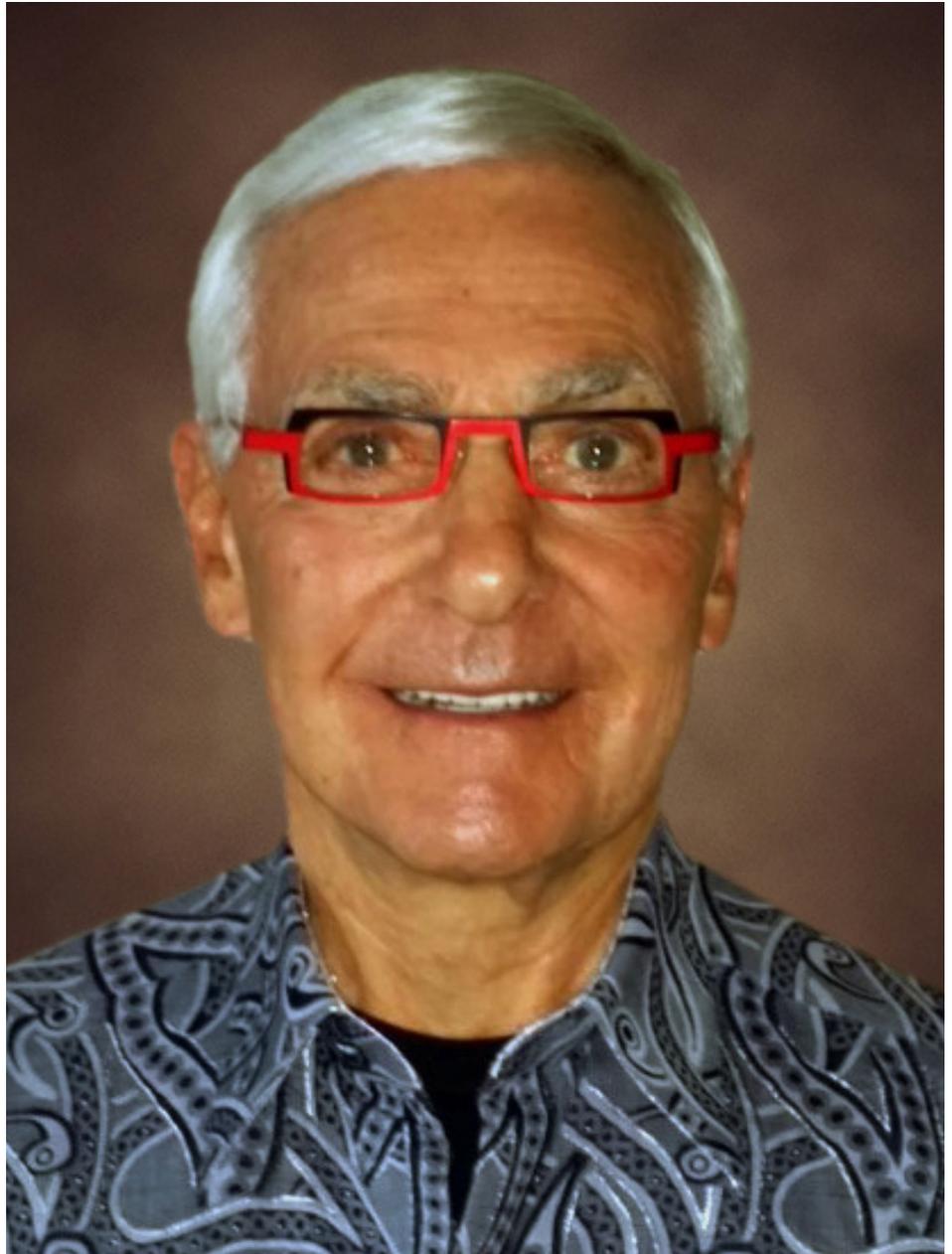
concentrate on the audience, the fear goes away. If a person in your audience has a need and they perceive you can give them a technique, a skill or an answer so they can go back and apply it, they will want to listen to you. If they do it and it works, they'll come back to listen to you again. I have always felt comfortable speaking to people and received good feedback from them when I did.

What has been your biggest challenge over the years?

The economics of circumstance. If you have more demand than there is available supply, life is pretty easy. When the economy goes down, sending someone to a seminar is not a first priority, so demand dissipates. We had to learn to forecast sufficiently in advance, to anticipate and adjust, and to go into a lower mode of production. Then, be ready at the right time to come back strong when people have the need again.

What topic did you speak about when you started?

My first seminar topic was Time Management. Back then, most of the companies were run by people who had lived through the second world war. Many of them were boot strap type people and self-starters and because they were they just expected the people who worked for them to do what they were told, to figure it out for themselves how to do it, and to get it done. If employees asked about how they were to do all they had to do in the time they had, the manager or supervisor would say something along the line of "Hey, if you can't get your act together there will be dozens of people that would love to have your



job." They didn't think about providing ways to manage resources for the people who worked for them. This was where preparation met opportunity for me. I came along at a time when business owners were seeking help from people who had solutions to their challenges. I had the solution to making better use of time and setting priorities. It seems strange now

||| **ABOVE**
Fred Pryor

because people today do multitasking regularly and time management tools are old hat.

Today Fred Pryor Seminars offers programs on over a thousand subjects both in person and on-line. How do you decide what to offer to the public?

Life is very, very complex. There is a lot of paradox; take differentiation and integration or ambiguity and clarity. The world requires a bit of both. This polarization is paradoxical in itself. Preparing people to deal with life's complexity is what it is all about. Education that is focused on making sure people are effective problem solvers is critical in today's world. Being able to anticipate the challenge, then to grow with it, to bring to bear solutions and then to prepare for the next crisis that might come along is a necessary skill, not a luxury. So it's an ever present, constant, vigilant kind of thing.

What advice would you give to those who are in positions of leadership today?

Our purpose as a leader is to bring out the best that people have to offer. That is both an art and a science. Make it a point to truly understand the dynamics of leadership, and realize you are not a leader if you don't have followers. Leadership requires the capacity to listen. It's wonderful to have a charismatic personality but be careful that you don't lean on that charisma too much. True charisma comes from the Greek word that means "gift from God." We all have that, but we must not allow it to dominate in a manner that squelches other people and overwhelms them, because then they feel less likely to make a contribution.

So listening is one of the skills that wise people practice and then after they listen and have heard the other person, they can kick in their charisma. Then wisdom continues after that. Wisdom is constantly reflected in good judgment. You need to be willing and able to accept feedback to create an environment where employees feel their opinion is welcome.

What characteristics do leaders need to have today?

If you watch a very small child, if they are nurtured properly, they have a spontaneity, and that kind of spontaneity has to be something they feel free to express. Eric Burns said one time that a person is autonomous; a person governing in their own life has to be aware, spontaneous and intimate. Intimacy is what gives you enough emotional groceries to where you feel secure in yourself to be spontaneous and have the freedom to be aware rather than trying to predict how you should act in the situation. I like that particular phraseology because we are looking for autonomous people, self-governing people who can express themselves. But we have got to have a sense of awareness, spontaneity and intimacy to allow for that.

What are you doing now and what would you like to do next?

I am retired, though still somewhat active in the business that has been sold. I have a very fulfilling hobby of wood working and wood turning. I am fortunate to have been surrounded by loving friends and family.

I am active in the philanthropic world I'd like to continue in the process of some philanthropic type of activity. About 15 years ago, I established a

foundation. However, I believe the best philanthropy is to be a person who provides job opportunities for other people. I may have had my best philanthropy in my life by employing hundreds of people over the years. I believe it's important to surround ourselves with the kind of people we'd like to be. The influence you have comes with the accumulation of people you've gotten to know and whatever reputation you've made for yourself over the years.

We each must learn to use each day to its fullest. Master Admiral Stockdale, who was for seven and a half years in a North Vietnamese military prison—including torture—and four years in solitary confinement said he didn't know from day to day if he would live another day or not, and one of the things he concluded was a good life is an accumulation of significant events. He looked back on his life and realized there were many important events but they weren't necessarily significant events. So I keep thinking whatever I do today, I want it to be something of significance.

I hope each of us will stack up meaningful and significant events in our long lives ahead.

Well, you certainly have. And you've given us much food for thought. Thank you so much for sharing your valuable information with us. I know my readers will gain a great deal from reading about you.

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Marlene Livingston Curry is available for lectures and workshops based on her book *Resilient Survivor*.

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At a cursory glance, The United States and the Kingdom of Bhutan could not be more dissimilar. The US is a young nation, large in population, land mass, wealth and strength and bordered by two oceans, while Bhutan is a small, ancient Himalayan kingdom, bordered by India and China, with a population of less than a million citizens, and an average, monthly salary of approximately \$426 US.

And yet, these two nations share something in common, something conceptually intriguing. For, in its founding document, - The Declaration

of Independence – the US declares “the pursuit of happiness” as unalienable right, while Bhutan has a government decreed, yearly measure of GNH – Gross National Happiness – as a touchstone of development (in contrast to the GDP – Gross Domestic Product – a measure of economic achievement, though, yes, Bhutan measures GDP as well).

Having been raised in the US, and traveled to Bhutan, I find this common thread between our countries fascinating. How does happiness play out in each respective culture? What is the end result of such measures? What is meant by such foci?

My initial reaction to the phrase “the pursuit of happiness,” is the implication that some may achieve it and some may not. That is, we have the right to aim for, and attain, happiness, though it is not guaranteed. “Pursuit” implies an external goal on which we set our sights. Happiness is something “out there,” for us to find- if we find it, good for us. If not, that is unfortunate.

Such a perspective mirrors our capitalistic philosophy of competition and the attendant notion of winners and losers. People in the US often pay lip service to the truth of the commonly stated notion that “money can’t buy happiness,” yet, we still find ourselves

THE PURSUIT OF HAPPINESS & GDH

BY PETER SHANKLAND

defining happiness by how much we have acquired. Were this genuinely true, however, the richest among us should be wildly happy, and we know this to not be the case. Rather, many people defined as “rich,” as tremendously unhappy as they seek to protect and increase their wealth.

In contrast, Bhutan draws upon their deep Buddhist heritage (it is the last remaining Buddhist kingdom in the world), as the touchstone for their definition of happiness.

Buddhist philosophy posits happiness as an innate, intrinsic quality of our true nature. Happiness is not something

“out there,” which we attain. Rather, happiness is something revealed and realized from within. It is available freely for all to realize.

Happiness is an “unalienable right,” in the sense that happiness is manifested in our lives and minds when we understand the true nature of our existence. Through, meditative practice and proper conduct of mind, body and speech, we recognize that compassion and wisdom form the essence of who we are. With this recognition comes an effortless overflowing of happiness that washes over and informs every aspect of who we are and what we do. We come to realize how the constant

chatter of our thinking minds, and the supposed happiness of acquiring “things,” actually draws us from our true nature, leaving the suffering of want and desire in its wake.

For the Bhutanese, the goal of government is to assist in the creation of the causes and conditions around which one can attain inner understanding, and manifest happiness. Granted, the possession of money is one such condition, for money undeniably makes the conduct of one’s life easier. It is not, though, the prime cause of happiness.

Intriguing, it is not, how two such seemingly disparate countries can shine the light of understanding on something we all seek? From both, we can learn.

Peace.



ABOUT THE AUTHOR

Peter Shankland currently resides in Las Vegas, NV where he teaches massage therapy, and practices various complementary disciplines. See: www.peace.massagetherapy.com for more information.

KEEPING IT SHARP — HONING MY HAPPINESS

BY BECKY GRAVA DAVIS

Sleep came easily in Paris. Long treks through the city left my body tired and aching, but my spirit was refreshed and content. I was happy.

My daughter-in-law, Amy, invited me to join her for a week in Paris. The joy came not from being in Paris, but from precious time spent with Amy—the personal connections we made during conversations while sharing a bottle of wine in a quaint bistro, enjoying a picnic late one night in our room, and in times of silence while exploring shared interests at a bookstore and art gallery.

I have learned to live in the moment, with “learned” being the operative word.

Through studying the works of authors such as Brene Brown, Gary Zukav, Maya Angelou, Judi Moreo, and a myriad of others, I have experienced “ah-ha” moments. It takes practice and the challenge continues. Here are some techniques I use to sharpen my happiness skill:

Practice Gratitude

During twelve years of research, sociologist, Dr. Brene Brown said everyone she interviewed who



described themselves as joyful practiced gratitude. “Joy is the most vulnerable emotion we experience,” Brown says. “And, if you can’t tolerate joy, start dress rehearsing tragedy.” For years, I lived in a constant state of “dress rehearsing tragedy.” I wanted to protect myself from being hurt, so I practiced not feeling joy. If you don’t feel joy, you won’t feel hurt.

This technique has become cliché, but it works—keeping a gratitude journal. Buy an inexpensive notebook and start by recording three things each day for which you are grateful. The investment takes about five minutes, but the return is immeasurable!

Live in the Moment

Identifying one event in my life that turned the tide for me isn’t that clear-cut. All I can tell you is that I grew tired of not feeling joyous, not truly living life. My mantra was, “When I get this job or this house or this possession or lose those extra pounds, then I’ll be happy.”

Living in the moment instead of trying to live in the future has enabled me to find joy in the simple, everyday pleasures of life.

Follow Your Bliss

Joseph Campbell, famous author and lecturer on the human experience, stated, “If you follow your bliss, you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. Follow your bliss and don’t be afraid, and doors will open where you didn’t know they were going to be.” Spiritual leader and author, Gary

Zukav, in his award winning book “The Seat of the Soul” calls it finding your “authentic power.”

Ask yourself, “What career choice would I make even if I didn’t receive a salary?” That’s the key to finding your bliss, your authentic power. You may not be able to quit your present job, but you can pursue your passion part time and doors will open for you. That’s how I started.

Take Care of Yourself

As a certified health coach, I’m interested in the body-mind connection. An underlying medical issue, an unhealthy diet, lack of movement in your everyday life—all can contribute to feeling less than your best.

After researching symptoms that had not been resolved by conventional medicine, I discovered sensitivity to gluten. By altering my eating plan and adding extra movement to my daily routine, I lost fifty pounds and my energy level soared.

My “life tool kit,” as I call it, is filled with other tips and techniques learned from years of observing, reading, and listening to various role models both famous and ordinary. I surround myself with positive people; I start each day with affirmations and set a positive intention for the day; I’ve relegated being a perfectionist to the gods.

Will sleep come easily for me tonight? Maybe, maybe not. Quickly falling asleep is, at times, a challenge for me as my mind races from reviewing the events of the day. Repeating the *Serenity Prayer*, a tip I learned from a

dear friend, and setting my intention to “accept the things I cannot change and the courage to change the things I can” often calms my mind.

Honing my happiness skill through practice is key. Join me on this life journey and sleep well!



ABOUT THE AUTHOR

Becky Grava Davis is a full-time college professor and pursues her passion for holistic healing by practicing part-time as a certified integrative health coach and yoga instructor. She is a published author of several health articles for both print and online publications.

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DO YOU WANT TO BE HAPPY?

BY JOANN CORLEY

W

hat a question, right? Why even ask it? Isn't it just a given that everyone wants to be happy? My answer: Well, yes...and no.

Happiness has become a very popular topic of late. There are websites, speakers, writers and coaches who are devoted to it as a singular focus of their practice. It's even trickled into the corporate arena as decision makers offer more seminars surrounding the topic. And why not-- doesn't every company want their employees to be happy?

See-- everyone wants to be happy! But (and you knew this was coming,) I don't believe everyone really wants to be -- at least not all the time. Here's what I mean. I have personally explored this topic in great depth since the release of my friend, Alan's book "7 Secrets to Enlightened Happiness." His book, and even the thought of writing a book about it, challenged my own thoughts and beliefs regarding happiness. I initially thought, "What's all the fuss about something which is just a natural element of human existence. Why write a book about it?"

Reading Alan's book stirred much reflection regarding my own happiness

and generated these kinds of questions and thoughts:

- Was I really happy?
- What does happiness look like to me?
- My happiness doesn't look like someone else's.
- Do times of unhappiness matter?
- Are the cycles of "happy – unhappy" perfectly acceptable and considered the ying and yang of life?
- Is happiness an emotional state we should strive for as the right way to be or live?

- Is contentment the same as happiness?

Ok, I could go on. Ultimately, what surfaced from all that questioning was this conclusion:

No matter the circumstances, happiness can be a choice and the key determining factor in making that choice is you have to want it. So my conclusion is-- the desire (the wanting) to be happy is the key to being happy.

Ah, we have come full circle. That's why I asked, "Do you want to be happy?"

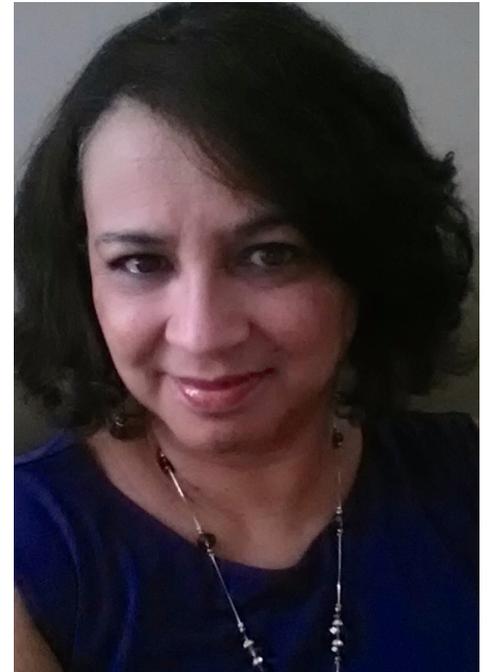


I've come to see that it's the wanting to be happy that helps me be happier. When my life serves up something I'm not particularly pleased with, I am offered a choice on how to respond. I can choose to say (which I do much more often after my exploration), "You know, I'm going to be happy today in spite of this." That, by the way, is a very empowering statement. It's like an issuance of proclaimed "stake your claim" power over the situation, rather than allowing the situation to overpower you.

By incorporating this practice into my life, I discovered there are times when I don't want to be happy in spite of it all – that, in fact, I don't want it bad enough to make the statement. Yep that's right! There are situations that are so irritating and cause such anger, I just want to stay that way for a while. It's as if those emotions are serving some role or meeting some need at that moment.

This reminded me of a broader reality. There are some people who really don't want to be happy because they don't want to own the choice. They'd rather (it's easier) blame the circumstances and others for their lack of happiness and disconnect themselves from their power of choice. Some are conditioned to unhappiness no matter what life brings them.

All of these experiences have led to this final summation. Yes, I want to be happy and am most of the time. I like being happy. Being happy is a satisfying, healthy way to live. I have come to see that in order for happiness to occur, the desire and intention for it must be present. That's why asking and answering the question is so useful. In my view, you gotta really want it to have more of it. So, do you want to be happy?



ABOUT THE AUTHOR

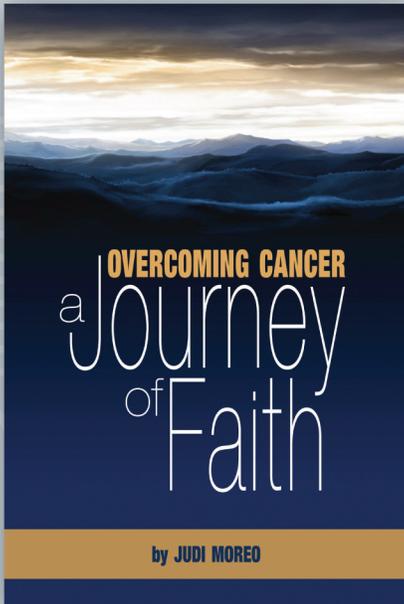
JoAnn Corley is Founder, CEO of The Human Sphere™, a consultancy that helps companies increase profits through holistic talent management. She is a seasoned HR, training & development professional, speaker and coach and has conducted thousands of professional development seminars throughout North America on themes such as creativity, management, productivity, emotional intelligence and team collaboration.

She has authored several books and developed a professional development app "The 1% Edge Portable Coach," which is available on all smartphone platforms. She is passionate about human potential and channels that passion into her work with clients and through speaking, writing, and media contributions.



Award-winning author Judi Moreo knows what it is to travel the journey of cancer and shares that experience in this book.

Overcoming Cancer: A Journey of Faith



Through her personal story, inspiring quotes and practical suggestions, Judi shows us that cancer and fear are messages to us to make lifestyle changes. This supportive book can help the newly diagnosed cancer patient ask better questions, understand there are alternative and integrated treatments that can work and, most of all, maintain hope.

Even though traveling the cancer road was a rocky and difficult journey, it was also rewarding. The path through cancer requires enormous discipline, work, and change; yet it is filled with excitement, experiences and discoveries that can bring us to a new and better place if we are open to possibilities and focus forward.

"This book may help save your life or that of a loved one. Judi Moreo "gets it." She understands that the question is not "what kind of treatment do I undergo?" but rather "how do I heal myself?" Her personal experience with cancer taught her to recognize that recovery from chronic illness is often a recovery from an unhealthy life in many respects. With humor, grace and courage, she addresses the physical as well as the mental, emotional, psychological and spiritual needs for recovery in an easily accessible, practical way. Whether you are looking for help to reclaim your health from cancer or any other illness, let Judi be your guide."

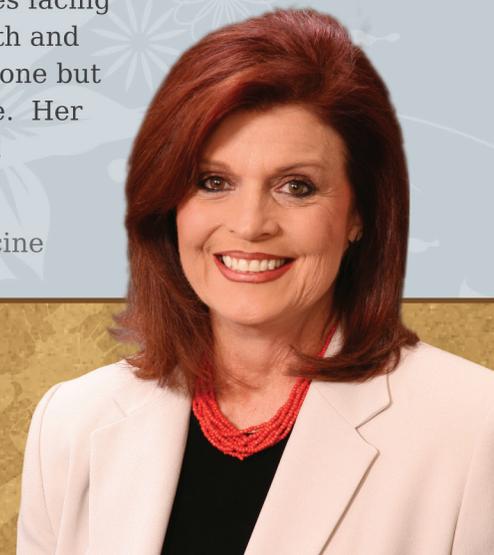
- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

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- Julie Freeman, MA, RD, LD, Licensed Nutritionist, Integrative Medicine

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HAPPINESS VS JOYFULNESS

BY D'ARCY BURKE

Happiness, often times, is an outside influence, a state of chance or happenstance. A stimulus resulting in the feeling of happiness; but the euphoria is temporary. When the excitement is gone, the happiness is gone. What was gained can soon be drained, as if someone pulled the plug out of the bottom your boat and you get that sinking feeling. Joyfulness, on the other hand, is an inner state of being, not necessarily the result of anything or anyone, and perhaps, even more importantly, joy is capable of persevering, despite circumstance.

Life, like a river, has it's ebb and flow, however a bend in the waterway doesn't have to be the end, unless you fail to make the turn. The point is, you must let your efforts be purposeful and worthwhile, never give up and never



stop navigating your course. Flowing with the current is the path of least resistance, and always remember you are the captain of your ship.

Don't be overcome by the swift river rapids or wind up near the bank in a stagnate cess pool. Make up your mind, BEFOREHAND, that life is full of mystery, beauty and riches. Let your rudder run deep and be determined not to let anything steal your joy!

The key word is "beforehand." You can't wait until you are in crisis mode to begin to develop an earnest attempt to excavate joy and its sister companion, gratitude, into your life. To cultivate joy as a lifestyle, look for things to celebrate and appreciate: a beautiful sunrise, a quiet walk in the park, song birds, the gift of friendship, etc. There is a wealth of beauty all around, if only one has eyes to see.

Activate your awareness and allow the simple pleasures of life to become your well spring of internal experiences from which to draw upon- seek conscience and profound extractions from ordinary events; things that makes your heart sing with gladness. At first, you may have to dig deep and sift long, but with perseverance, you will behold nuggets of joy appearing before your very eyes and discovering more than you ever knew were available to you...a richness of life that had formerly passed you by.

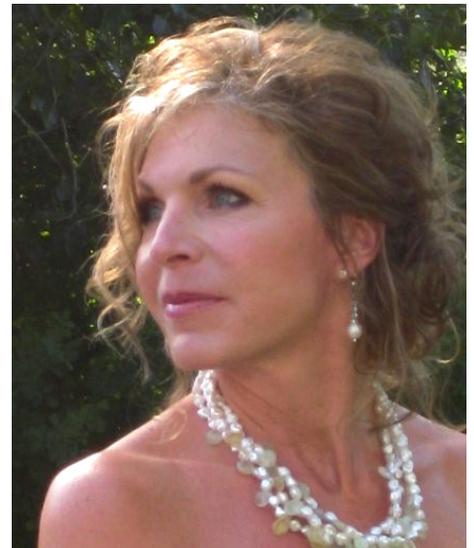
Joy is a treasure trove. It doesn't look outside for its existence in things. Joy probes within the core of your being, searching for meaning and a ray of hope to expand within. It is an eager recipient and if allowed to grow, will foster roots and set up residence to become a part of who you are; like a

strong oak tree along the bank of a stream which has very little possibility of drought. The torrents of life can be swirling around you, but you can remain calm in your center, if joy resides within.

Choose to live a life that focuses on joyful experiences of the present and joyous memories from your past. A memory bank of pleasant thoughts is like a serene reservoir that can be drawn from, even during wellsprings of grief and/or sadness. Joy is a buoyant substance that springs forth in time of need.

Real lasting joy can be yours, however, bad choices beget bad results. If you aren't satisfied with the bounty your life is producing, then you will need to develop new habits along with an uncompromising level of commitment in order to reach your desired outcome. Daily choices in life, more than anything else, reflect and reveal who you really are. By changing your choices you change your life. Today's decisions are the beginning of tomorrow's results.

Prospecting joy is like panning for gold. It requires effort. Some people are content with a little reward, but there are those in search of the Mother Load. If you do nothing, you are guaranteed to come up empty handed. Where joy is concerned, there is no "fools gold." Stake a claim today, decide to put in the hard work and perseverance, because your Eureka is forthcoming. You can live a life that is rich indeed...rich in the things that truly matter and are not just a flash in the pan. Here is the secret to where joy and gold part ways...wealth can't make you happy, but joy can make you intrinsically wealthy.



ABOUT THE AUTHOR

D'Arcy Burke is an entrepreneur and says she wouldn't have it any other way. She has done many things: nutrition, owned a commercial design firm and even built and ran an amusement park. She presently lives six months of the year in the beautiful northwestern United States and six months in El Salvador, where she has five beautiful beachfront rental homes and a luxurious bed, breakfast and spa. Trip advisor awarded her premier property, Beach Bella Vista, the prestigious award "Property of the Year" along with Excellence recognition. D'Arcy can be contacted at info@dulcevilla.com or in the U.S. at 509-662-4253. On the web: www.dulcevilla.com & www.beachbellavista.com



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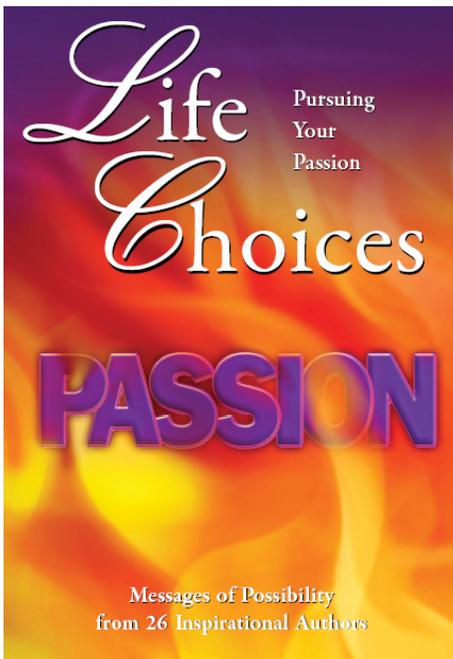
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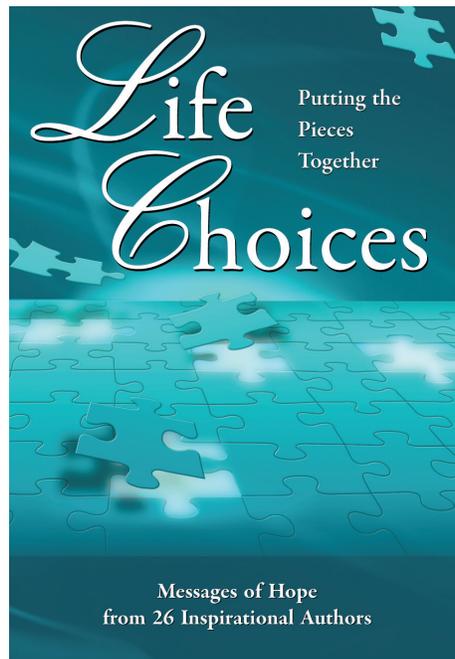
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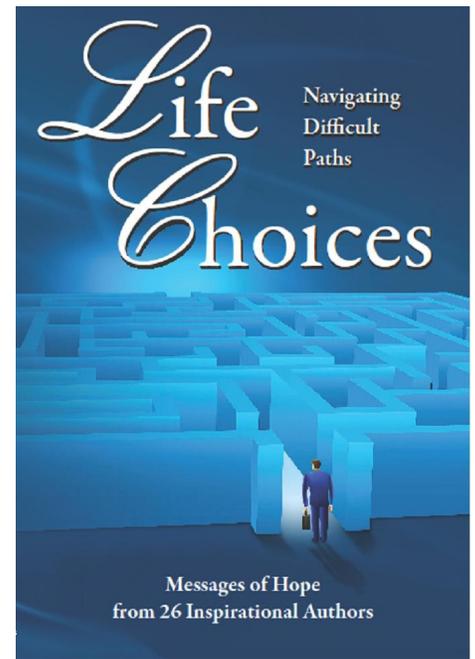
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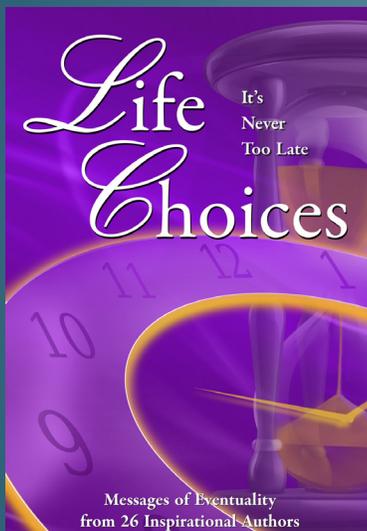
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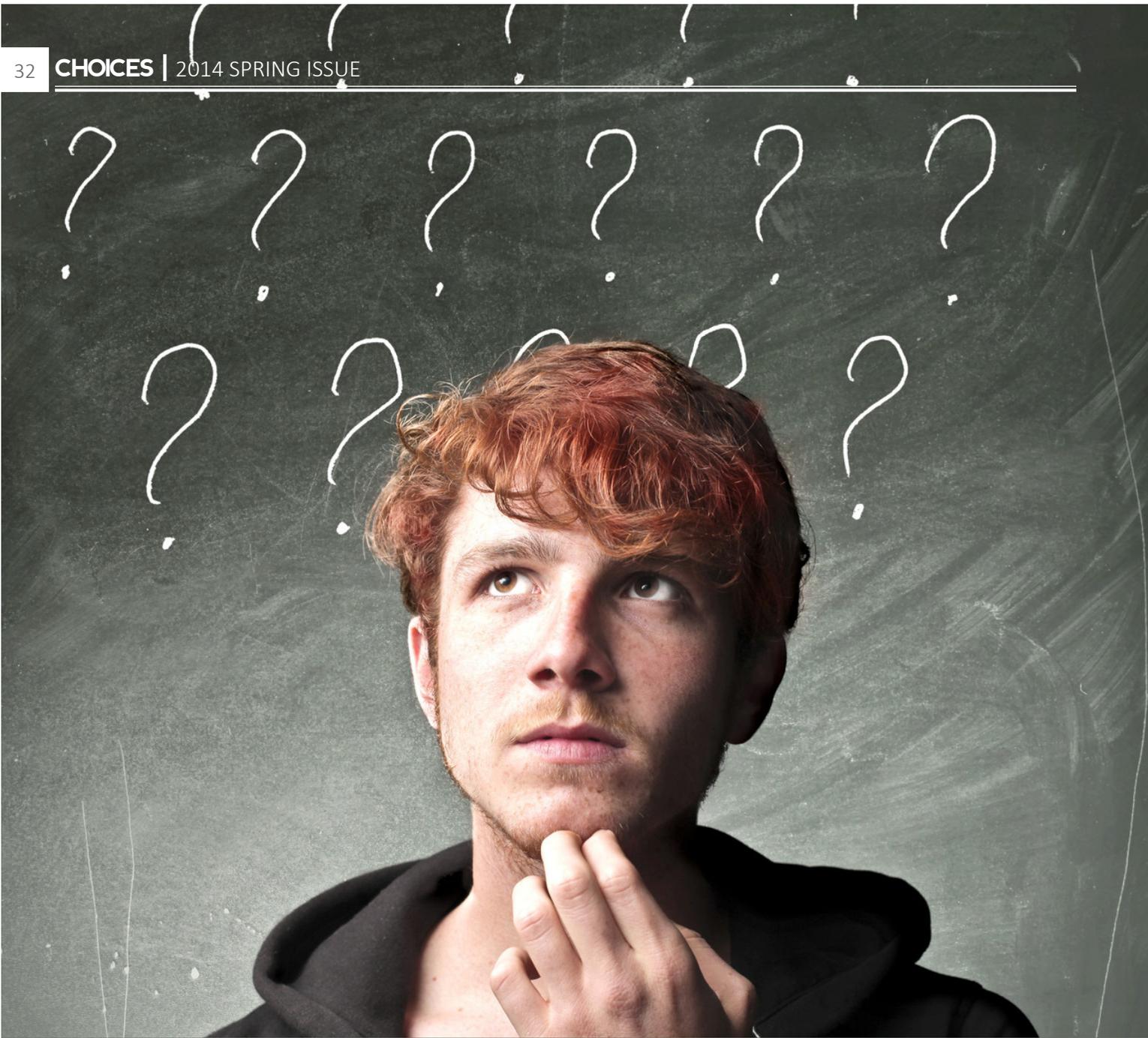


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WHY “WHY?” MAY BE THE WRONG

QUESTION

BY GINA GELDBACH-HALL

I should on myself all the time. Yup, it's a long term issue I have been dealing with most of my life.

I sometimes feel I'm up to my knees in should. I even reek of should. No one wants to be around me when I smell of should. So, why do I keep doing should? Maybe, "Why?" is the wrong question.

The very aspect of asking, "Why?" automatically assumes a failure occurred. Granted, it may not fall in the category of something wrong or epic failure, but when you ask "Why?" it implies something could (or should) have been done better. We should be asking "How?" How do we want to feel, be, or act? How do we want to show up in our lives? How can we see things in another light? See? "How" is empowering, "Why," Well, it seems a bit victimy. If you sense you aren't doing it right and should be doing something differently, you are asking the wrong question, especially if you want a happier life.

Do you sometimes look at your life and think you 'should' be doing it better, bigger, or wiser? Spending a lot of time in that thought process doesn't propel you forward. In fact, when you are in "I should," you are not even present in today; you are projecting into a future that has yet to even present itself. The truth is, if we really wanted to be as, "we should be" right now, we would have already done and been it. We would be in 'it' right now because that is what we would have focused on. Realize that if you want something, you get it because you set up your life in a direction that propels you towards it.

You think of it all the time, acting in accordance with a thought, noticing and feeling the vibration that comes with that outcome. By asking, "Why am I not?" (or thinking I should be) a certain way is out of the flow and actually a state of lack. Nothing arrives by accident, we create it with our thoughts, conscious or not, and our thoughts become things. If we want to create the thought, asking "Why is it not there?" is not as productive as asking, "How do I get it?" "How" opens us up to seeing potentials and opportunities that we might miss when we are in a lack mentality.

Can "Why?" be a good question? Yes, when it is not being used to hold you back. If you find you are shoulding all over yourself bemoaning, "Why is my life not as I intellectually think it should be?" you are definitely asking the wrong question! Start asking "How?" Start with "How would I like it to feel?" "How would it look to wake up in that experience?" "How would it empower me to emulate that desire?" This energetically will get you to your desire and position faster than beating yourself up with a "Why?"

I'm committed to making a habit of every time I should on myself, turning it into a "How?" "How do I want to feel in this moment?" "How do I want it to look in my perfect world?" "How do I imagine it with no other worries or concerns?" That is a whole lot more fun than stepping into a pile of should! How will you do it? Join me in celebrating a better, happier you by asking "How!" and leaving the "Why?" behind!



ABOUT THE AUTHOR

Gina Geldbach-Hall is an inspirational keynote speaker, author, life coach, and facilitator with 25-years of emergency services experience from EMT and firefighter to battalion chief. Her book, *Firegal... Rising from the Ashes*, is available on Amazon.com.

She continues to inspire leadership and service and helps others to ignite the flame of empowerment within their lives and work. She is available for coaching and speaking engagements, visit her website at FiregalWisdom.com for more information.



HAPPINESS

BY KRISTINE MODZELEWSKI M.S.



An Argentine poet and philosopher, Alfama, has been quoted as saying “Happiness consists in living a truthful life; in other words, happiness consists in living one’s own truth”.

OK, so now we now we know what it is, happiness is living one’s own truth; understanding your essence.

Happy is something most of us strive to be and maintain. It is pretty straight forward and basic for any human being to accomplish, so I can’t help but wonder, why all the suffering? All of humanity seems to be suffering at some level: relationship issues, depression, financial struggles, addictions, loneliness, fears, etc.

Obviously, we can’t all be robotic with fake smiles on our faces all day every day. We do have to deal with the challenges of life.

So, how do we achieve true happiness?

As someone who holds a Masters Degree in Psychology, I too, look for the answers to my own questions.

What I discovered was a medical facility located in Buenos Aires, Argentina, CMI Abasto, which has been helping people find these answers and achieve happiness. By applying traditional medicine with practical philosophy, the professionals at this facility can give each person answers to deep questions we have; they know how to fill the void we experience. This void is not filled

with medications. It is filled by learning about oneself. CMI helps balance each person’s ideal world with reality.

Here is how it works. First, they teach us that we are made of three bodies: ideas, emotions, and physical. When you understand how your ideas (good and bad) affect your emotions, and your emotions affect your physical body, you are in balance. This requires a lot of philosophical work on oneself. Learning how to apply philosophy practically, in everyday day life is what CMI has mastered. Without balance we lose hope, feel stressed, and become irrational with our thoughts and behaviors: we suffer. By understanding how our minds work, what goals we have, and how this affects our bodies and the results we achieve, we will be happy. When there is a balance between the three bodies, we have achieved will power. With will power, we understand our goals clearly, and see the path to achieve them.

To achieve balance between our three bodies and have good communication with them, we must work (on our self). Once we start to work on our self and understand how each body works, and how each body is connected to the other, we will then wake up and realize there is something “more.” We will see we can achieve happiness, balance, and good results. We must use our intellectual body to understand our will power is great and to help us set and achieve our goals. We must train our

emotions to have more control, and the physical body will start to change in a positive way, relationships will improve, and an overall good life style increases.

When we don't have balance between our ideal world and reality; the communication between the three bodies is lacking, we begin to suffer. This suffering can lead to depression, addictions, loneliness, etc. The goal is to not suffer between our material world and our ideal world. In general, most people know the theoretical philosophy, but not how to find it within ourselves and apply it daily (this is practical philosophy.) Rather than suffer, one should use practical philosophy to balance the negative interconnection to the positive interconnection of the "perfect world" to reality.

We need to philosophize ourselves rather than worry about changing other people. Trying to change other people is one of the common mistakes

many people make, and it causes them much anguish. We must first change ourselves and understand ourselves before we can begin to understand others (must learn to swim before we can rescue someone who is drowning). In order to better our lives, we must be the best we can be. With guidance from a philosophical coach, we can learn to use stress to bring us positive results in life. Good and healthy actions are the result of good philosophy; evil and unhealthy actions are the result of bad philosophy.

Happiness is an obtainable emotion and state of being. We must work for it, every day. The road gets hard sometimes, and life happens without pausing for a second. The best armor you can have to maintain your happiness is to understand practical philosophy. It is the gift human beings were given; the gift to philosophize our lives and change. Happiness is knowing oneself.



ABOUT THE AUTHOR

Kristine Modzelewski, M. S. of Avanti Wellness has a Master Degree in Psychology. She's researched for two years on comparisons of treatments for addictions and depression within the United States compared to CMI Abasto a medical facility, in Buenos Aires, Argentina.

Avanti Wellness is an American company that represents CMI, working to bring awareness and helping people in need.



HOW HAPPY ARE YOU?

BY SANDRA GORE NEILSEN

O When I set out to write this article on happiness, I asked thirty friends—both male and female—the following questions:

- When are you happy?
- What makes you happy?
- How do you know when you're happy?
- Have you ever been happy?
- Does thinking about the future make you happy?
- Does thinking about the past make you happy?
- Are you happy today?
- Are you happy this morning?
- Are you getting through "stuff" so you can be happy?

A retired pilot had the shortest response (25 words).

"Happiness is a choice. I choose to be happy now; so I was happy yesterday, and will probably be happy tomorrow."

The longest (491 words) came from mystery author, Anne R. Allen, whose reply was replete with courageous honesty.

"I used to think I could never be happy or loved unless I was thin. So, my entire life was about starving

myself so that someday I could be a thin person. I finally stopped dieting and made peace with my body, so I can enjoy the NOW."

What made the respondents happy?

1. Accomplishment involving projects, contribution and creativity.

"I'm happy when carrying out a task because it feels good to be productive."

"Happiness is creativity," says Conan author, Leonard Carpenter.

2. Friends

"I'm happy when thinking about the people I've spent time with but can be sad thinking about the people you can't see any more due to death or friendships ending. I value the relationships I have."

3. Pleasure in Simple Things.

"Thank you for the soft morning sunrise. Thank you for the new buds on the little apple tree I planted a few months ago. Thank you for the crows comically stomping around in the messy duff under the eucalyptus trees as I go out to get the morning paper."

4. Music, Art and Reading

5. Family.

"I haven't had many opportunities to feel happiness in the past year since my mom's health began its downward spiral."

6. Sex, Sharing of Food and Wine, and Nature.

"I'm an 'S' girl - Sunshine, Sex (can make me ecstatic), Starlight, Snow Skiing (exhilarating)."

"I would say that happiness is a cold glass of good champagne, in a perfect setting, with good friends."

7. Learning

Although some say they were born happy, almost all said they work at it. The first step is deciding to be happy.

"As I got older I learned to take my thoughts in hand and worked at turning from 'half-empty' to 'half-full.'"

"Keeping positive, grateful and accepting has made all the difference. God only knows where I'd be without forcing myself to see the joy, fun and excitement of each day. When I get crazy, self-doubting



or down, I don't let it consume me. Does it work all the time? Hell, no!!"

"There is almost always both 'happiness' and 'sadness' present. It takes great skill to become someone who can perceive and connect with 'happiness' and 'contentment' in one's life and world."

"I am sometimes unhappy, but I strive to make the most of every situation."

"I do not dwell on things I can't do anything about. It's a waste of time and emotion."

"I consider myself even-tempered, and I don't think about happiness very often. People's expectations help define what people think is happiness. Are we having any fun?"

"I'm happy most of the time. This is as good as it gets. It is what it is. Things could be different but that is daydreaming."

"I suppose for me it is not so much happiness, but contentment."

"Being happy and staying happy turns on understanding and mindfully living 'Enough is as good as a feast.'"

What is the conclusion from the results of my survey? It's ridiculously simple.

Happiness = absence of negative thought.

So get rid of your anger. Forgive yourself. Leave the past. Free yourself from fear of the future. How do you do that? Everyone's path is different but always begins with the same thing...choice. A Life Choice.

As my good friend, Bruce, says, *"There is only one person responsible for your happiness – you."*

I say, "Go forward and be happy!"



ABOUT THE AUTHOR

Sandra Gore Nielsen is a three time contributor to the *Life Choices* anthologies and author of the *Red Mirror Series* of romantic adventure novels under her maiden name, S. L. Gore. Her book, *Sex and the Zen of Shopping*, is an exploration of life lessons learned from bargain shopping. Sandra and her Viking husband have a grown daughter and son and live happily ever after in a California beach house.

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- set boundaries

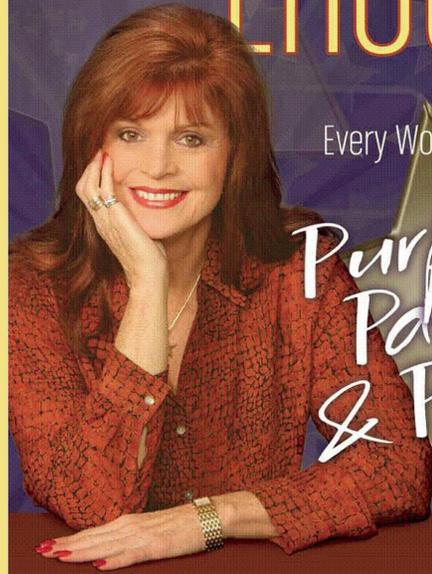
- make conscious choices about relationships, responsibilities and rewards
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Judi Moreo

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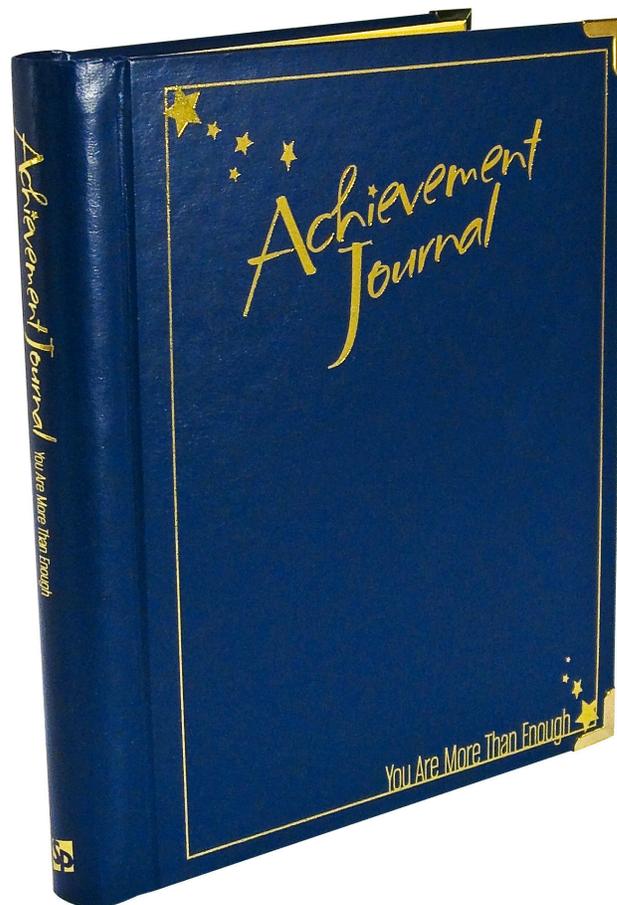
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- Relationships
- Financial
- Health
- Spiritual
- Education
- Community Involvement
- Recreation

In addition to a place for daily writing, there is a measurement tool for you to stay aware of how you are doing in each of these areas of your life.

If you apply yourself and take the steps laid out for you in this journal, you can't help but be successful! And you might know, Judi has included two pages of peel-and-stick gold stars in order for you to easily reward yourself!



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**- Montel Williams, TV Host
The Montel Williams Show**

MAKE THE CHOICE TO BE HAPPY

(An excerpt from *You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power* by Judi Moreo)

How can we be happy and passionate every day when we are dealing with the stresses of life? Your world is what you make it, through your thoughts, words, and attitudes. Focus on the positives. Stop worrying. Do what the title of Richard Carlson's book says, *Don't Sweat the Small Stuff... and It's All Small Stuff*.

Worrying doesn't accomplish anything. Worrying simply strangles our creative abilities and keeps us from being able to look for solutions to our problems and challenges. Your brain knows how to think and, if allowed, it will create the right things to do and say. Most of us don't take time to think. We don't spend time alone in the quiet. If we are alone, we usually have the television or the radio blaring, forcing our brain to work at taking in information rather than doing what it needs to do.

Research tells us the average American household has the television on at least seven hours a day. Each year, television programming becomes increasingly more violent, inane, and abusive. The negative energy it puts into our lives becomes more difficult to overcome. We are subconsciously programming ourselves to be negative by what we are watching. We learn to accept the abuse and the violence in our world. We come to believe it is the norm. We

are numb to it, even hypnotized by it. If we hear our friends talking about a program we haven't seen, we feel left out. So, we start watching whatever violent or ridiculous show is the rage and we become addicted to it — drawn into the story line and programmed subconsciously to watch it. We don't do this because we like the show, but simply to find out what happened. We turn that radio or television on the minute we wake up or walk into the house, because we don't know how to be alone with our thoughts. We don't know how to listen to our inner voices. We may even be afraid of what we will hear.

HAPPINESS LIES WITHIN US

Nice homes, clothes, cars, or other material things can make our lives easier and more comfortable, but they don't necessarily make us happy. We've all known people who have almost everything money can buy and still they are miserable. Happiness is in our hearts and our minds. Happiness is a way of looking at life. It is first a decision and then it becomes a habit.

LOOK ON THE BRIGHT SIDE

The subconscious part of our minds is the place where our memories are stored. Our present happiness is influenced by those memories. If we do things today that make us feel happy, content, peaceful, or joyful, this will increase our happy memories. The more happy days we have, the more happy memories we create. The more happy memories we have, the more happy days we create. What goes around comes around. It's the





happiness cycle and the more you do it, the easier it gets.

As children, most of us were told by an adult at one time or another that we should “look on the bright side.” Sometimes it’s not easy to do. Some situations don’t seem to have a bright side. In most situations, there is at least something good we can learn from it. We might have to look for it, but it is there. Most successful people believe “everything happens for a reason.” Looking on the “bright side” simply means to look for what’s right, what you can learn, and realize things could be worse.

We can learn a lesson from the goldfish swimming in a fish bowl half-filled with water.

One fish said to the other, “Is this bowl half full or half empty?” The other

fish said, “I don’t really care. I’m just glad it’s enough.” Are you glad you are enough? Or are you looking at your life as though it’s half full or half empty?

Stop for a minute and think about the times in your life when you were the happiest. I’m not talking about events such as receiving an award, getting married, graduating, or even getting a divorce where you exclaimed, “This is the happiest moment of my life.” I’m talking about expanded periods of time in your life when you felt content, joyful, cheerful, or even blissful. Wasn’t it when you were doing one of the following?

PARTICIPATING PURPOSEFULLY IN LIFE

When you act purposefully, you are putting faith into action, going after your goals or doing something that makes life better for yourself or others.

When you put your faith into action, you are giving up uncertainty, doubt, and fear. When I started Universal Models with only \$2,000, I knew in my heart that I would have a successful business. I was going after my goals and my dream. Uncertainty, doubt, and fear never entered my mind. I knew the city of Las Vegas needed a legitimate model agency and I was positive I could make that happen. I knew conventions needed dependable personnel who could work in the exhibits as sales people, hostesses, receptionists and spokespersons. I knew that movies filmed in Las Vegas would need “extras.” I knew beauty pageants needed to be run in a legitimate manner, assuring that the contestant with the most points was the one who became the contest winner. Most of all, I knew I could organize all of this and make it happen. I knew models, actors, and other part-time personnel needed

to be paid as soon as possible after completing their work. I did it all and I was happy. I loved my business and the people with whom I dealt.

BEING CREATIVE

Creativity requires playfulness, fun, humor, daydreaming, and letting go of negative programming. Boisterous laughter is energy producing and can have the same beneficial effect as running. Laughter and humor are also beneficial for adjusting and reducing major life stresses. When we increase our energy, reduce our stress, and use our natural instincts, we free ourselves from limited thinking which allows us to see the bright side.

My friend, Jill, graduated from college owing large balances on her student loans. She brainstormed all of the legal ways she could make a lot of money fast. Since she had just gotten a great education, she decided to use it. She auditioned to be on game shows. She became a contestant on three game shows the following year and won a total of \$52,000. This was exactly the amount she needed to pay off the balance on her school loans. By taking the time to think about possible solutions, Jill came up with a creative answer to get herself out of debt and relieve herself of stress.

ACHIEVING SOMETHING

When you feel like you brought something to a successful conclusion, made good use of your time, and marked another item off your “to do” list, you boost your self-esteem and self-confidence.

From the age of four, my sister, Lois, told people she was an artist. When

she finished high school, she worked as a secretary for many years and in her spare time, she took art classes, attended art shows, and painted pictures. She went back to school at night and studied art, art history, and art education. Eventually, she earned her master’s degree in art. At her work, she applied for a transfer to a position as a graphic artist and got the job. She eventually became a very successful artist, designing and painting everything from insignias for NASA to the ceiling of a church in Houston.

SERVING YOUR COMMUNITY

When you do something you feel improves the lives of your family members, your neighbors, friends or associates, you feel right about it. When we feel right about something, it brings us contentment and joy.

After Lois’s son suffered a severe brain injury from a major motorcycle accident, she took an interest in other children who had been brain-injured. She started a foundation and taught art classes to these children. For the next ten years and until her death, she worked with these children to bring new meaning, self-confidence, and self-respect to their lives. She was passionate about her art and her purpose. Her personal drive and determination drove her to develop her talent. Her creativity, commitment, and caring made a difference in the lives of so many. Teaching these children something she loved and helping them develop self-esteem gave her purpose and made her happy.

SUPPORTING OTHERS

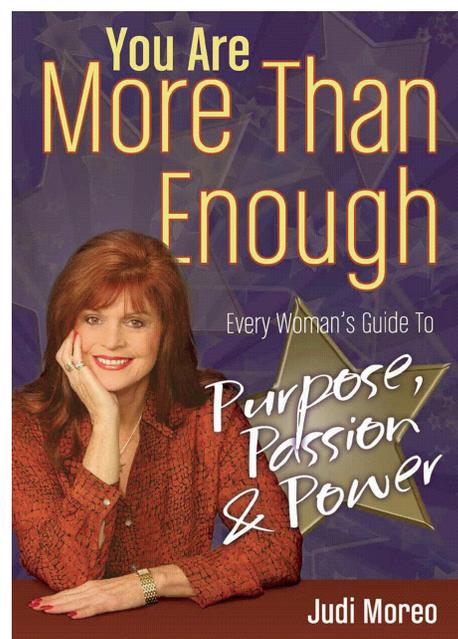
When you seize the opportunity to let others know you are there for them,

and believe in them as well as their goals and dreams, you are giving them support. When we give support to others, we feel good about ourselves and that makes us happy.

USING YOUR TALENTS AND ABILITIES

Talents and abilities are our natural endowments. In many cases, we didn’t have to work to get them. We were born with them. They are powers and gifts. That’s why talented people are often referred to as “gifted.” When we use our natural abilities, we are being ourselves; we are being who we were meant to be and not the person someone else thinks we should be. It brings us joy to be ourselves.

Alfred Lord Tennyson once said, “The happiness of a man in this life does not consist in the absence but in the mastery of his passions.” Find your strengths. Visualize what you want. Pursue it with passion. Listen to your heart. Watch for opportunities. Focus on the positives. Choose to be happy. And remember...It’s all small stuff!



HAVE YOU EVER FELT STUCK?

Have you ever been stuck? Felt like no matter what you do, you just can't get ahead? Do you ever think you should be more successful by now? Are you struggling with finding your life purpose? Are you disappointed and discouraged with where you are or where you seem to be headed? Do you feel like you were created for something more, but don't know what?

If so, let Judi Moreo be your coach and mentor. Judi will provide the tools and techniques you need to achieve your desired results and she will hold your hand through the process. She will work with you to design a program specifically for you to take you from where you are to where you want to be.

Not only will you receive guidance and feedback, you will benefit from Judi's extensive background in leadership, management, image, presentation skills and service. Her insights and guidance will help you become who you want to be and present yourself as you want to be seen.

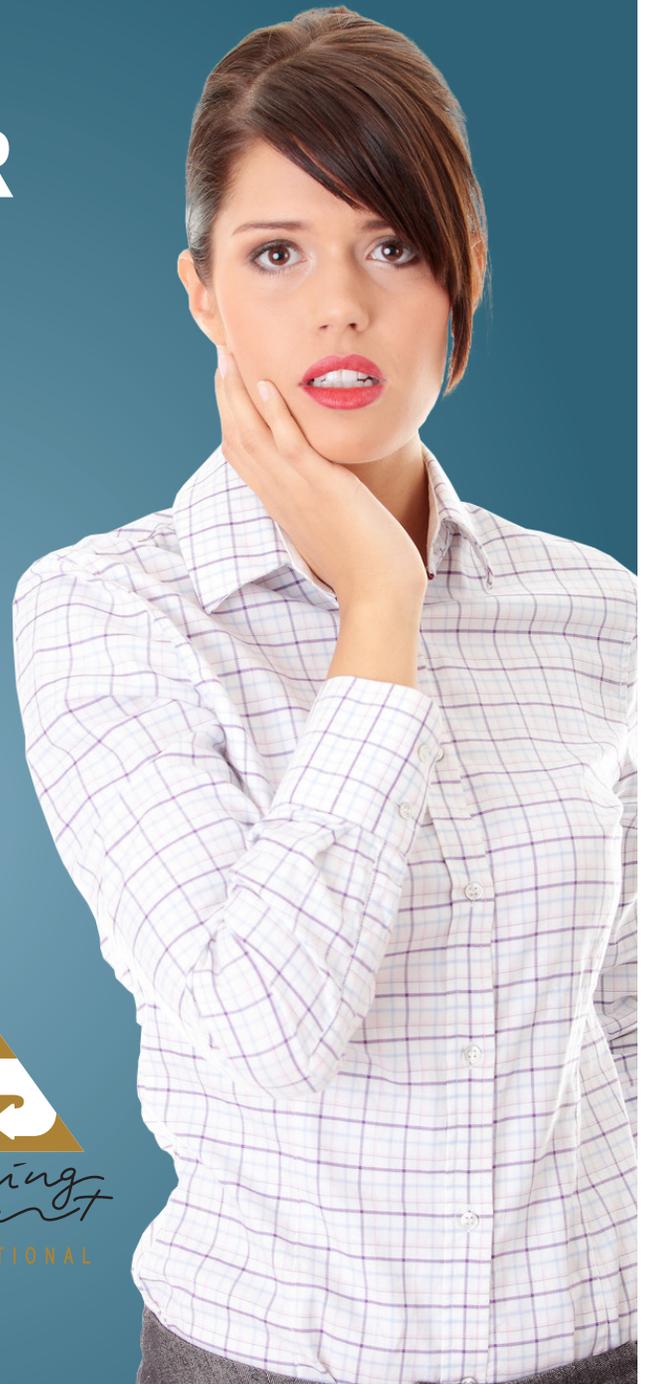
For more information, call Turning Point International at (702) 896-2228 and speak with Judi personally about the possibilities for you.



As an international business leader, Judi knows firsthand what it takes to be successful. She has owned and operated businesses in both the United States and South Africa. In addition, she has spoken, consulted and presented both keynote speeches and training programs in 28 countries on four continents.

Judi is an accomplished author with 10 books to her credit, several of them award-winning best sellers. She has been a journalist, model, finishing school and model agency owner, a professional speaker, a corporate executive, an entrepreneur, a consultant and a cancer survivor.

Around the globe there are many men and women whose lives are a testimony to Judi's personal and professional success. It is no wonder that she has a collection of awards, but to her "life is not about awards. It is about the reward of making a difference in another person's life." And that she has done over and over and over again.



D

an Harris, co-anchor of *Nightline* and weekend editions of *Good Morning America* has written an informative book entitled, “How

to Be 10% Happier,” in which he talks about his year long quest that took him to self-help gurus, spiritual leaders and scientists. His conclusion was that meditation is life changing and brought him to a happier life style. He states that he was, at first, skeptical but found it (meditation) can produce significant changes in your brain.

Dan explains that meditation is a form of exercise for your brain and basically, it has three steps.

1. You sit down keeping your spine straight and close your eyes.
2. Focus on your breath and how it feels as it goes in and out. Notice where the feeling of the breath is most prominent.
3. Whenever your mind wanders, bring your attention back to your breath.

This is how you discipline your mind and break the habit of just letting your mind run around in useless repetitive and unproductive ways. He explains this is very hard to do in the beginning. For those who think they don't have time to meditate, Dan explains that it basically only has to take five minutes. Surely, you can fit five minutes into your busy schedule to make a huge positive difference in your life and make yourself 10% happier.

You can find this book on Amazon.com.

HOW TO BE 10% HAPPIER



10% HAPPIER



HOW I TAMED

THE VOICE IN MY HEAD,

REDUCED STRESS

WITHOUT LOSING MY EDGE,

AND FOUND SELF-HELP

THAT ACTUALLY WORKS—

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CHOICES MAGAZINE
SPRING ISSUE 2014

A FINAL NOTE
FROM JUDI MOREO

Every night when you lay your head on your pillow, say thank you for at least two things in your life for which you are grateful.

On those sometimes difficult nights -- when you are laying there thinking about all the things you didn't get done, you still need to do, you could have said, you shouldn't have said, you don't have, and wish you were -- concentrate on just two people, traits,

or things that happened for which you are truly grateful. Think about what you do have instead of what you don't. Focus on what you are instead of what you aren't. As Rev. Robert Schuller tells us, "Obstacles are seldom the same size tomorrow as they are today. Today's responsibilities are tomorrow's possibilities."

I am hoping you have found some meaning in our articles and life lessons

and that you are able to apply them to find a richer, more purposeful, more joyful life through your choices. I pray you will turn your obstacles into stepping stones and your setbacks into opportunities for growth. I wish you much happiness!

You are more than enough,

Judi