

Tip 4 of the week

{xtypo_rounded2}Recall the times in your life when you felt fantastic! Be aware of how your body was. How did you stand? What did you hear, see and feel? Recall these times every day, squeeze your finger and thumb together for five seconds as you do so. Repeat. Later, re-ignite this positive state of mind at will by re-touching your finger and thumb in the same way. This will make you feel fantastic ... thank you Mr. Pavlov!

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