

A KEY ON THE PATH TO SELF-MASTERY



So many times in life, I've seen people get deeply discouraged by the state of this world. They become angry and bitter about the poverty and crime that they see; and when they are not able to find solutions to the madness, often times the anger they feel over the situation gets turned *inward*.

It's a sad fact that is all too common. We want to do something to help improve the state of the world—but the world is so complex and massive that we can't see any way to possibly be effective at helping the situations on our planet.

So, sometimes a person's disgust for the madness combines with their feelings of frustration about their inability to effect change, and a veil of anger begins to permeate their self-expression in many ways. It shows in the way they dress,

feel, hope, dream, smile, and look at themselves and others. Isn't that so?

In the book ***Tough Enough: How to Meet Life's Challenges Through True Self-Love***, I share numerous strategies for mastering upsetting events so you can return to a state of mental/emotional balance and happiness. I provide the tools for breaking the cycle of negative thinking and the downward spiral it causes. Emotional balance is one of the keys on the path to self-mastery. (Physical and dietary balance are also important.) As you began to master your thoughts and actions, I promise you, you'll start to feel better each day, allowing the world to spin on its axis without it twirling you into a state of confusion or depression. It takes time and practice, like studying for an exam, or practicing for a dance performance. You have to learn the steps, and then practice them over and over again until they become second nature to you.

Once you find your rhythm for taking care of you no matter what, you'll see the ways in which you can make a contribution to raising the vibration of our planet. And please know that *no* contribution is too small!

So, purchase your copy of ***Tough Enough*** today and start adding to your arsenal of coping skills for living a better life.