Laugh to the Top: A Hilarious Guide to Achieving Your Goals

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New way to prevent spread of swine flu from the CDC
Avoid when possible
Guaranteed Formula for Achieving Your Goals

The 7-Step Formula
1. Control Your Fears and Stresses

2. Maintain a Positive Mental Attitude
3. Identify a Specific Target

4. Write a Plan
5. Take Action

6. Observe Objectively
6. Don’t Be Obstinate

7. Learn and Adjust
7. Learn and Adjust

Ya gotta BELIEVE!!
The Formula

1. Control Your Fear and Stress
2. Maintain a Positive Attitude
3. Identify a Specific Target
4. Write a Plan
5. Take ACTION
6. Observe the Response
7. Learn from it and ADJUST
Stress Categories

1. THINGS YOU CAN DO SOMETHING ABOUT.

Take Safety Precautions
Take Safety Precautions

Watch the kids
Maintain Your Equipment

Stress Categories

2. Things You Can Do NOTHING About
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Maintain a Positive Attitude
Identify a SPECIFIC target
Write a Plan
Not Every Plan Will Work
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Take ACTION!
A journey of a thousand miles begins with one step.
DVD $12

Just for laughs:

“Does This Book Make My Head Look Fat?”

$12
Any Two items: $20
And now, back to our regularly scheduled programming
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One-Eyed, One-Horned
Flying Purple People Eater
flying purple people eater

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Your opinion matters!

Please take a moment now to complete the evaluation.

Thank You!