



Is Your Life Full of Frustration?

Most people are familiar with “Murphy’s Law” and tend to agree that there is truth in the pessimistic statement. Some people’s lives could have been scripted by Murphy himself. But, we all know, others tend to live lives that seem blessed by [insert your belief system here, God, the Gods, Angels, Fairies, higher power, or ?].

Are some people actually more favored by the gods? That is certainly how the ancients explained it. But that perspective just does not feel right as we see individuals with low ethics thriving while some with hearts of gold flounder.

Today science provides more reliable and predictable information, creating a trail of breadcrumbs anyone can use to put themselves firmly on the favored, thriving path. We now know that our emotional stances remain relatively stable throughout life and why. However, we also know the reason emotional stances remains stable is that few people understand how to adjust it. Our emotions are responsive to efforts to change to more positive outcomes.

In A Less Frustrating Life, You Will:

- Learn why your emotional set point does not change without deliberate effort
- Learn how to control what is controllable
- How to let go of the uncontrollable
- Prop the doors to your future wide-open
- Define yourself in a way that helps you thrive
- Learn to use the power of expectation like a pro
- How to follow the breadcrumbs to consistently greater thriving
- Know which decisions support your highest good before you make them
- Quickly know when you veer off the path toward your goals, when adjustments are easy
- Learn the best techniques to adjust your emotional stances to ones that serve you better
- Notch your emotional set point up to higher and higher set points

Instead of ‘*What can go wrong will go wrong*’ live a life where ‘*Everything always works out well for me*’.
- Jeanine Joy

Program Dates & Locations

Register now to reserve your spot. See our list courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See the DCT for specifics, guarantees, etc.

