

Mental Toughness & Calm Power: Living In The Present

Past & Future = Present
Negative & Positive = Real
Old You & New You = Now

Stress?

- Utilization = Bridges
- Non-Dominant & Dominant
- The Artistry of Listening & Observing
- Acceptance & Letting Go (to reach FCC)
- Sports, Mental Toughness = Autobiography
- Cell Phones, Stress Balls & Funny Truths

Free Consultations With Your Past Self & Rings Of Your Tree

- Step One: Relationships, Body, Emotions...(movie, story, play or game)
- Step Two: Mind, Critic, Perfectionist (15th row)
- Step Three: Zone, Freedom, Love (last row)

Free Consultations With Your Future Self & Unknown Rings of Your Tree

- Dialogue: Past & Future
- Judge & Jury
- Inner Coach with FCC

- Dominant and Non-Dominant: Relationships

Your Present Self

- Coming To Your Senses = 8 & More
- Breath Play
- Preparation With One Foot In the Future & One Foot In The Present
- Letting Go Of One Foot In the Past & One Foot In The Future

Next Steps For Mental Toughness, Calm Power & Living In The Present

- Your Inner True Sage: Helpful Tips at www.trusage.com
- Come To The Beach In San Diego
- Email me at dralman@trusage.com
- Phone: USA 1-(800)-217-7001 and 1- (760) 436-0042
- Review Steps: You Could Never Practice Too Much (post-hypnotic cues & seed planting)
- Best Investment = You & Helping Others Develop Their Unconscious (inner) Potentials
