

# Turn Stress Around

Are YOU ingesting a steady diet of fear, social disconnect and stress? Is it working for you?

## Turn Stress Around Recharge, refocus, repurpose....REPOWER

[google-translate]



**RECHARGE:** Make positivity part of your daily diet. The greatest obstacle that we face is inside us and it is threatening to destroy, to contaminate the style and substance of our lives. It is time for a revolution. A new revolution that is not a physical revolution; but a revolution of thought. A bridge that we will build when we stop focusing on the problem and start seeing the solutions. A revolution in the way we think, in our ability to retrain our brains to focus on the positive.

**REFOCUS:** Upload your best thoughts. We do not lack technology or brain power. We lack an interface of head and heart that will allow us to create positive change, economic and social growth. We need to stop the viral epidemic of apathy, fear, and social disconnect. We need to think our best thoughts in order to create our best self, best life, best work and best

world.

**REPURPOSE:** Quantum physics has taught us that we are all part of a greater whole. Every thought, action and word we speak has a quantum effect on and in our world. It is time to stop deluding ourselves into thinking that we have no power, or that we have more power than someone else. This is a pervasive illusion that will not lead to success or happiness. We need human beings to fuel the fire of human capital, social, capital, spiritual capital. This can only happen when we each make a decision to reject fear and embrace love for ourselves and for our fellow man/woman. Individually and collectively we are the world, and we have the power to change it for the better.

**REPOWER:** Each individual can contribute to building the tallest tower in the world; because our greatest power lies in the power of our thoughts, the strength of our integrity and our most heartfelt values. We can erect an architecture that is higher than office towers. An edifice that is not visible to the human eye, but resounds in the human heart and mind. It starts with YOU, and with me...it grows with US.

**The power to transform challenges  
into solutions is not something we  
lack,  
it is something we need to reclaim**