

Our Entirely Unique, Life-Enhancing
90 Minute Presentation

How to BE the Way We Want to BE

*We all want to **BE** those “positive (+) states of being”
And yet, we more often **BE** those “negative (-) states of being”*

Negative (-) States of Being

Anxiety, Frustration, Fear
Anger, Despondency,
Jealousy, Guilt
Hatred, Shame
and other inner (-)

Self-Worth
(Doubts & Struggles)

Positive (+) States of Being

Thankfulness, Courage
Acceptance, Meaning,
Inner Peace, Joy,
Inspiration, Love
and other inner (+)

Self-Worth
(Inherently Positive)

THAT’S WHY OUR PRESENTATION DESCRIBES EXACTLY HOW ANYONE CAN...

*Much more often **BE** those life-enhancing positive states of being we all want to **BE***

AND GET THIS... By applying the same insights as “how-to **BE** inner positive”, our presentation demystifies and fully explains all of these historically elusive subjects

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| 1. Self Worth | 6. Living Joyfully in the Present |
| 2. How to Bring Love to Life | 7. How Our Spiritual / Highest Nature Works |
| 3. Meaning | 8. Absolute Truth and Relativism |
| 4. Eliminating Anxiety and Frustration | 9. Power and Force |
| 5. Why We Do Self-Destructive Behaviors | 10. Exactly What Happiness (and Unhappiness) Is |

*To find out more, contact Russ Lawrence at HereAndNowHappiness.com,
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