

Lost your enthusiasm ? Find out how to

Based on the
acclaimed book
**Creating
Optimism**

*A powerful new blueprint to
achieve lifelong happiness!*

Creating Optimism:

A Proven, Seven-Step

Program for Overcoming

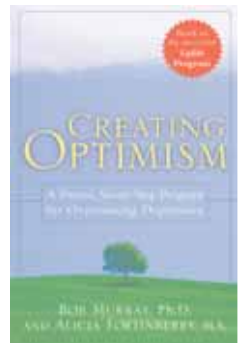
Depression (McGraw-Hill)

Create Optimism



Attend or Host an Exciting Creating Optimism Event!

You'll learn vital new information and practical solutions based on the authors' proven, 7-step program for creating optimism and overcoming depression, such as:



- The explosive new truth about depression - and why placebos work as well or better than antidepressants.
- How to defeat the “inner saboteur” - the negative childhood programming that stands in the way of happiness and optimism.
- The most effective antidepressant of all - powerful techniques for building a truly supportive network of relationships.
- How to create and negotiate boundaries versus barriers. Transform every relationship (with spouse, friends, colleagues, boss and children) from so-so to lasting and empowering.
- How to free the body from depression, “somatized” illness and poor posture.
- How to uncover your competence and get the self-confidence you need to shine.
- The secrets of achieving a life full of meaning, direction and purpose.

Authors & Presenters

Bob Murray, PhD, psychologist, and **Alicia Fortinberry, MS**, psychotherapist and Feldenkrais Practitioner, are internationally recognized experts in creating optimism and overcoming depression.

They are passionate about each person's ability to join with others in healing, supportive relationships and create lives full of joy and meaning.

Best-selling authors and dynamic speakers, they have appeared on national television, taught at major universities and consulted for Fortune 500 companies.

www.creatingoptimism.com