

Telephone Seminar for People with a Disability or a Chronic illness

From the comfort of your own home, attend a 4 week seminar 1 ½ hours once a week plus home work & 15 minutes twice a day to develop the qualities needed to consciously deal with your struggle.

The Purpose; To recondition your mind so you confidently deal with your health challenge. I have had MS for over 25 years and my greatest problem is not the disability I have from MS, it comes from how I deal with it. Learn how to deal with your Health challenge from a place of strength.

The greatest resource available to man exists with in every person, but the greatest problem we have in our world today is that we don't know how to use them. In this seminar you will learn over 25 techniques that develop the life skills of a Positive Self Image, Confidence, Self Trust and how to avoid negative thinking.

The techniques are simple and translate into useful experiences. After you learn the technique, a simple trigger is used to activate the experience learned. So by a word or a phrase you can change the way you see yourself, learn to trust your inner wisdom and be free from mental hassles.

We have been taught to look outside of ourselves for the solutions of our problems, but conscious participation requires the use of the resources we all have within. Connecting to those resources is what Life Skills offers.

Visit <http://lifekillsinc.com> & learn about The Life Skills Approach, download a free e-book on either dealing with Disabilities or an illness and learn how to use the Wisdom of your Body instead of anxious thinking. The seminar is done over the telephone once a week for 4 weeks. During the week you will have simple techniques that turn what you learn in the seminar into conscious habits so it becomes a natural part of your character. After you download the book, using a computer is optional; the phone & the book will give you everything you need.

Contact Info for Marc Lerner; website <http://lifekillsinc.com> Phone 310 399-6829. Please contact me if you are interested in joining a seminar. You can download the book and go through the seminar yourself or you can download the book and join us on the conference line.