

**Any person facing a challenge can be in control when they are connected to their inner wisdom. Life Skills designs solutions using the wisdom of the people involved in the problem. Life Skills is a proven approach, which is very popular with the person who relies on external help. Life Skills operates in the true spirit of helping people help themselves. We are available for consultation any time.**

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## **Life Skills Inc.**

**Life Skills has developed the technology that empowers the inner resources of people in struggle. Life Skills works with people in a special way. By developing their inner resources, individuals can improve the quality of their life while becoming an active participant in their own services. Teaching these techniques alongside government services can affect society in many ways. When individuals receiving services are empowered, the services is offered become more efficient and costs less.**

**Life Skills has been awarded an 8(a) rating by the SBA. Life Skills will meet with any government agency to explore how to empower the people they serve. The major theme of Life Skills is to connect people to their inner resources. So people who lack self confidence and only look outside of themselves for their care, connects to their inner resources and works as a partner with the government agency that serves them.**

## **What Can Life Skills Do?**

Many of the challenges humanity faces need to be met with techniques that help people connect to their own inner wisdom. Life Skills has developed that technology and has proven its effectiveness over the past 20 years. Problems such as low self-esteem, poor self-image, and dependence on external government solutions to difficulties can inhibit productivity on all levels of society. Life Skills has found a remedy that can help people of all walks of life function more effectively by teaching them to use their own inner resources.

The reason we don't use our inner resources to become actively involved in life is because we weren't taught to do so. But people can be taught, using simple techniques to recondition their mind. Life Skills teaches these techniques and how they can become the habits we naturally fall back on.

Whenever a person is limited by their own mind; the Life Skills techniques can connect them to inner resources that empower them to accomplish their goal. When people improve the quality of their life as they accomplish within themselves, they accept the challenge of their goal and feel more committed to

The Life Skills techniques were initially developed with three different groups of people:

- (1) Veterans with Post-Traumatic Stress Disorder;
- (2) The mentally ill homeless;
- (3) People dealing with life threatening diseases like cancer and AIDS.

The Life Skills techniques are not designed to replace conventional treatment, but when a person connects to their inner wisdom they can actively work with the experts. These groups are not the easiest people to work with and their problems are very real. If the Life Skill's techniques work for them, they can work with any group you work with.

When dealing with some of the hardest cases like the ones mentioned above or when working with the average person, when they connect to their wisdom they perform better. No matter what their challenge is, I found the change has to effect them on more than an intellectual level. The Life Skills techniques form habits so that individuals literally re-program their minds. This solution can help the people you work with to solve problems, or at least deal with problems using their own inner wisdom. When new conscious habits replace old dysfunctional habits, individuals "preside over" their bodies, and remove the sabotaging programs that make them dependant on external help.