

Paul M. White

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- Do you wake up dreading the day?
- Do you feel discouraged with what you have accomplished in life?
- Do you want greater joy in daily living?

If you answered YES to any of these questions, this is the program for you!

This revolutionary method will help you brighten your moods without drugs or lengthy therapy. *Ten Days To Self-Esteem* is **results oriented, easy to use and highly effective.**

Based on the work of one of the world's foremost authorities on mood challenges and personal relationship problems, Dr. David D. Burns, **this program will help you help yourself.** Most importantly it is drug free.

Discover this effective 10-step program and take control of your life. In *Ten Days To Self Esteem*, you will learn how to: change negative thinking, challenge self-defeating ideas & thoughts, identify signs of depression & anxiety and overcome these challenges for better daily living.

www.feelinggood.com

Ten Days To Self-Esteem includes:

- The Price of Happiness
- You FEEL the way you THINK
- You CAN CHANGE the way you FEEL
- Breaking out of a bad mood
- The Acceptance Paradox
- Root Causes
- What is Self-Esteem? How do I get it?
- Perfectionism and self-defeat
- Prescription for Procrastinators
- Enjoying greater happiness, work satisfaction, productivity and intimacy – without drugs or lengthy therapy.

Contact Paul to register your company, team or organization for this program:
pmw@paulwhite.ca

This is one investment that will help you feel happy and experience greater self-esteem, NOW! *Feeling Good* is easy with the right tools. Let Paul M. White help you feel good about yourself in this new program. Paul is directly affiliated with Dr. David D. Burns in the field of Cognitive Therapy. Let him help your employees Feel Good - and perform better.

You deserve to FEEL GOOD!

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