



# Your Coffee Break for the Brain!

Dr. Jane's Monday Morning Musings

## Attitude Equals Altitude

My friends laugh at me when I tell them that their attitude in life is measured by their altitude.

In these difficult days of economic turmoil, downsizing of everything from paychecks and housing to the amount of groceries we can bring home, people's attitudes are diminishing along with the dollar.

When our attitudes diminish the results are realized in our jobs and our relationships, and it doesn't take long. How has your attitude changed lately?

This is the perfect time to raise your altitude, think higher thoughts, write in your gratitude journal, find joy in the little things and I promise your personal relationships will prosper and your financial economy will grow along with it.

The higher your altitude, the more positive your attitude becomes, it can't not work! Spread Joy!

## A Little Exercise We Can All Use

Remember to breathe when things get rough. Then STOP! Take a deep breath, allow it to flow through your body with love and lightness. Exhale releasing all of your stress along with it. Repeat this as often as necessary. It works.



If You are looking for Dr. Jane...

She will be presenting her workshop

**"Be Your Best Self Yet!"**

For the Magnificent Manifestors Group at

Laff's Comedy Café

November 11th, 2008

7-9pm

OPEN to The PUBLIC

Call Terri @ 610-5787

For information

Cost: \$20 per person

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If you are looking for a speaker for your next event, you may reach Dr. Jane at

The Business Connection

Call: 505-857-0101

Email: DrJane@DrJaneCundy.com

## This Week's Quote

"Behind every successful person there is someone in the shadows, someone who listens, encourages, motivates and helps them reach peak performance. People who excel in their field, more often than not, have coaches."---unknown

## Monthly Special!

All current or retired military personnel and their families Receive 10% Savings on any services offered by Dr. Jane Through The Business Connection

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Mediation...Speaking...Training*

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REMEMBER TO VOTE. IT'S YOUR LIFE