LET IT GO!

a Mantra for Happiness

Every belief you have is an interpretation of what's occurred in your life. It is not a circumstance that disturbs you, but rather an interpretation of this circumstance.

Based on writings of the Greek and Roman philosophers Epictetus and Marcus Aurelius

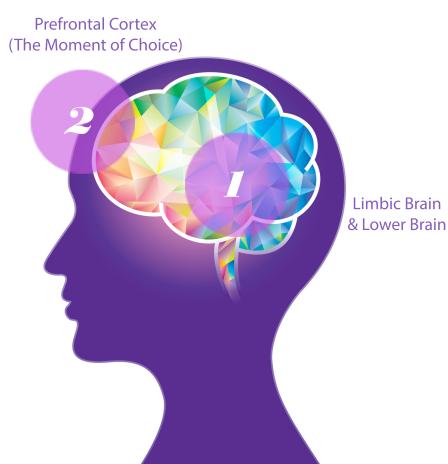


A (activating event) does not result in **C** (consequence) The reaction is determined by the **B** (belief).

Response to Negative Emotional Triggers



Criticized, Blamed, Betrayed, Attacked, Robbed, Ruined, Unsupported, Threatened, Abandoned, Misjudged, Victimized, Unloved, Lost Something, Trapped



TWO PATHS OF CHOICE



Learn How to Identify the "Persistent" Core Issue that is Causing You the Most Harm, So You Can **Let It Go** and live an AMAZING NOW!

READY TO GO DEEPER?