

Hometown News Online!

Words of
Wisdom...



"Since light travels faster than sound, some people appear bright until you hear them speak."

Anonymous

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Where In The World Is
Sylvia?



May 23-September 30 ...

July 8, 2015

EXPERT TIPS FOR RESILIENCE

Hope you all had a great 4th of July and remembered to be thankful for this great country!

I hope you enjoy the quote ... this came with a whole bunch of others (at least two dozen) from my friend Laurene McEneny in Florida. She has an uncanny knack for sending me things that make me just laugh out loud!
Thanks, Laurene!

Ok, here we go on the tips:

1. Develop a core set of beliefs that nothing can shake.
2. Find meaning in whatever stressful or traumatic thing has happened.
3. Maintain a positive outlook.
4. Take cues from someone who is especially resilient.
5. Don't run from things that scare you: face them!
6. Be quick to reach out for support when things go haywire.
7. Learn new things as often as you can.
8. Find an exercise regimen you'll stick to.
9. Don't beat yourself up or dwell on the past.
10. Recognize what makes you uniquely strong -- and own it.

Farmers' Market every Saturday in Aitkin, MN

August 3-7 ... Dahlonega, GA

August 25-26 ... Alabama Main Street, Birmingham, AL

September 12 ... Brewfest at the Butler building, Aitkin, MN

September 14 ... NRPA, Las Vegas, NV

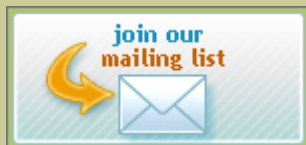
September 15-16 ... Graph Expo, Chicago

September 21-23 ... IFEA convention, Tucson, AZ

September 24 ... Wisconsin Main Street, Chippewa Falls, WI

October 28 ... Business Group Breakfast speaker, Marlboro

November 12-19 .. Christmas Party in Uganda, Africa



Where is the summer going?!?!?!?!?

Just FYI ... still have room for some speaking engagements in October and December.

Have you bought a copy of my sponsorship book yet and/or DVD? If not, click on the left ... Sylvia's books ... and order. I guarantee if you follow the rules you will increase your sponsorship sales by a minimum of 10% or your money back.

Want a preview? [Click here!](#)

<https://www.youtube.com/channel/UCyR6vOJzxm7UmueL0kN9bNQ>

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