Three Secrets To Mastering Your Life:

Embrace the idea that joy and pain exist side-by-side. Understanding that happiness is possible in the midst of suffering is the foundation for building a peaceful life. Imagine that you have a mountain of your pain in one hand - and your joy is in the other. Focus on your joy, even if it is the smallest thing. Then build it – grow and nourish it – so much, that eventually your joy towers over your pain.

Choose a Resounding Sense of Wellbeing.
There comes a point when we can learn to feel good, even if we are struggling. Our happiness is born from our ability to see all that is beautiful and good, AND all that is painful and unfair - and to choose to be kind, compassionate, and loving anyway. And, when times are challenging, ask yourself, “What if I could be happy anyway?”

Have courage, tenacity, determination. Never give up. Sometimes in life there is no break, no quick fix - you must dig deep, and survive it. The synergy of love and courage is what creates total aliveness.

For Speaking and Training with Allison Massari please contact: Sandy Shaw at Convention Connection Speakers Bureau: (310) 459-0159 sandy@conventionconnection.net To donate to Allison’s Camp for Teens with Severe Burn Injuries please go to: www.RogerPepperCamp.com For daily inspiration follow Allison Massari on Facebook and Twitter:

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