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Sent: Sunday, June 14, 2015 12:30 PM
To: =?utf-8?Q??=
Subject: A message from Richard London - How Can You Stay Positive Through Major Challenges in Your Life?

Monthly Newsletter from Richard London and A Handbook for Life

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A HANDBOOK *for* LIFE

It's my pleasure to present you with this issue of my monthly newsletter. This complimentary electronic newsletter will provide you with hints and tips on how to deal with the obstacles and stressors in your life. I know that you will find it beneficial.

Richard London
www.AHandbookForLife.com

How Can You Stay Positive Through Major Challenges in Your Life?

The emotions I experienced when I was diagnosed with cancer (and then Parkinson's disease two years later) were a mixture of shock and fear. I asked myself, "How am I going to get through this?" You may be facing a similar health challenge, or perhaps your most pressing obstacle right now is job or family related.

We can all be overwhelmed by life's challenges at times. What is the best way to get past your problems? I'm going to provide you with a solution that may sound too simplistic, but has tremendous power if you truly accept it as part of your mindset.

The answer is, remember that there is always someone better off than you and someone worse off than you. It's that simple. If we spend our time bemoaning why our life is so hard we will never find joy in our days. Don't waste your energy on what's going wrong in your life. Instead, think about the blessings that you have that other people may not. Do you have healthy children? Think about the parents whose child just died from a sudden car accident. Are you upset about a recent problem with your boss at work? Think about a friend you may know who is unemployed and is worried about how he or she will pay their bills this month.

When I speak in front of groups I tell them that every problem is temporary. Then I get the questions. “What about cancer?” “What about your Parkinson’s disease?” “What about my neighbor who just lost her husband?” I explain that every problem is temporary until you decide what you’re going to do about it. As soon as you make a plan and decide how you’re going to handle your problem you can stop focusing on the problem and focus on the solution.

Do what you can to change your mindset and stop focusing on the challenges in your life. Read positive books and hang around positive people that will reinforce your attitude of gratitude. Be grateful for what you do have and focus on your action plan to make the most out the cards life has dealt you.

Warm Regards,

Richard London

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P.S.

As a way to provide you with some effective tools to overcome the challenges in your life, for a limited time I would like to offer you a 15% discount on all books, CDs and DVDs purchased through my web site. These tools have helped countless others, and I want them to help you find a way to overcome the obstacles in your life and make the most out of every day.

Just go to www.ahandbookforlife.com/store and enter coupon code PD15 at checkout.

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