

# The Best in Self-Improvement



Maximize your potential  
with Lisa's directory of  
self-help gurus

Lisa L. Brown

Lisa's Picks: Your Dream Team Directory of Success Gurus  
Copyright © 2006 by Lisa Brown

This book is copyright 2006, with all rights reserved. It is illegal to copy, distribute, or create derivative works from this book in whole or in part, or to contribute to the copying, distribution, or creating of derivative works of this book.

Published by Brown Performance Institute,  
Calgary, Alberta, Canada

## Table of Contents

Lisa's Picks: Your Dream Team Directory of Success Gurus .....	4
Special Supplement: "Lose Weight Using Mental Toughness" .....	5
Lisa's Picks for Weight Loss.....	11
Lisa's Picks for Health.....	13
Lisa's Picks for Marketing.....	17
Lisa's Picks for Leadership .....	19
Lisa's Picks for Spiritual Enlightenment .....	21
Lisa's Picks for Relationships .....	22
Lisa's Picks for Sales Training .....	22
Lisa's Picks for Financial Self-Mastery.....	22
Lisa's Picks for Time Management .....	23
About Lisa Brown .....	24

## **Lisa's Picks: Your Dream Team Directory of Success Gurus**

One of the most frustrating aspects of trying to reach your potential is finding the right gurus who can give you effective success strategies. Over the past 15 years, I have found that only 5% of so-called self-improvement 'experts' actually give you methods that actually work.

I've waded through the maze of research, cut through it all with 'laser like' precision, and created a Dream Team Directory that reveals the best gurus available today.

For easy reference, I've put them in categories for you: weight loss, health, fitness, spiritual enlightenment, financial mastery, leadership, relationship advice, sales, and marketing.

I do not make recommendations lightly. These people are revealing effectiveness secrets that only a tiny percentage of the population is aware of, which is why so few people are successful. I have tested them objectively, with no hidden agenda, on myself and with my clients. When possible, I have included links so you can access the information immediately.

The next time you are facing a challenge in your life, review this directory, and you will find a coach—literally in minutes—who can help you solve your problem.

### **Mental Toughness Training**

I am available to show you the path to even more mental toughness. Here are some options to consider:

#### **Catapult Yourself to Success - 4 Week Online Course**

This course gives you customized coaching so you can realize your deepest aspirations now. For details, go to: [http://www.lisabrown.ca/catapult\\_course.html](http://www.lisabrown.ca/catapult_course.html)

#### **Mental Toughness Training for Sport - 4 Week Online Course**

This course teaches you the mental toughness skills of the world's top athletes so you can perform your best under pressure. For details, go to: [http://www.lisabrown.ca/for\\_sport.html](http://www.lisabrown.ca/for_sport.html)

**Breakthrough Golf! - Lower Your Score Now Using the Mental Secrets of Professional Athletes.** You can be reading this e-book in just minutes. For details, go to: <http://www.golfgamesecrets.com/sales/>

Peace and love,  
Lisa

## Special Supplement: "Lose Weight Using Mental Toughness"

By Lisa Brown

I've prefaced this directory a special supplement on weight loss for you. As a high performance athlete and performance consultant to athletes, I've spent a good portion of my life studying nutrition, health, and fitness. I've also done considerable research in food allergy to help my clients free themselves of fatigue, anxiety, and mood swings.

In this section I will discuss some basic principles for weight loss and high energy. At the end of this supplement, I will recommend 3 weight loss programs that promote a combination of these principles.

### Principle #1

#### ➤ Eat simple, organic meals

The purpose of this principle is to reduce toxins in your body by eating organic food free of toxins, additives, and chemicals.

You'll lose weight for three reasons:

- 1) You'll eat less,
- 2) You'll reduce toxins in your body, and
- 3) You'll reduce potential allergic reactions to your food.

Organic food has less of the pesticides and additives that are now the standard in most regular supermarket food. When you eat it, you absorb more nutrients, which makes you less hungry.

By reducing toxins, you cleanse your system; your internal organs—colon, liver, and kidney—are healthy and powerful. This leads to you being slimmer and more energetic, because you are no longer bloated and constipated. Your body rejuvenates itself more quickly.

Non-organic food, pre-packaged food, diet food, and non-organic condiments and sauces have dozens of flavour-adding chemicals and sugar substitutes. These additives can trigger dozens of symptoms including headaches, skin problems and rashes, cold sores, colds, excessive hunger, mild anxiety, fatigue, constipation, and diarrhea. Fast food is the most obvious example of this phenomenon: it makes you excessively hungry, tired, and irritable.

## Lisa's Picks: Your Dream Team Directory of Success Gurus

By eating simple, organic meals, you will keep your system clean and energized. Here is a sample daily meal plan that will cleanse your body and cause immediate weight loss:

**Breakfast:** Organic fruit juice made from a juicer (grapes, apples, cantaloupe, grapefruit)

**Lunch:** Organic turkey frank(s) with organic mustard, pineapple

**Dinner:** Organic tuna salad with lettuce, tomatoes, cucumbers, mayo

**Evening:** Organic flavoured oatmeal, e.g., maple

### Principle #2

➤ **Eat complex carbohydrates and protein; reduce simple carbs**

It's common knowledge that if you want to lose weight, you need to reduce simple carbohydrates such as breads, pastas, and sugars.

For example, in the meal plan I outlined above, you eat the turkey franks without the bun. However, there are several complex carbs in the plan: fruit juice, tomatoes, cucumber, and pineapple.

### Principle #3

➤ **Eat several small meals per day, and never eat until you are full**

Research indicates that it is not so much the **amount** of calories you eat in a day but the amount of calories you eat **in a given meal** that governs your weight loss.

Most overweight people eat large portions. They eat until they are full, and they overeat. If you eat **ONLY** every 3 hours and leave room for more food when you eat, you will lose weight.

### Principle #4

➤ **Exercise in the morning or 3 hours after eating**

Exercise causes weight loss because it boosts your metabolism so you burn more calories when you are at rest.

## Lisa's Picks: Your Dream Team Directory of Success Gurus

There are many competing schools of thought about which exercise is best for weight loss, but one thing is clear: walking, lifting weights, and cardio all help.

My personal view on this is that you should test different types of exercise to see which ones give you the best results. And, don't underestimate the power of walking: it is a powerful weight loss technique.

**When** you exercise is also important for burning calories. The best time is in the morning before you eat. The second best time is 3 hours after you eat.

### Principle #5

#### ➤ **Customize your diet to your blood type**

Depending on your blood type, certain foods will be stored as fat while others will actually cause you to lose weight. For example, because I am blood type A, beef is stored as fat on my body; but, pineapple causes me to lose weight. Knowing your blood type, and which foods complement it, will definitely help you shed unwanted pounds.

### Principle #6

#### ➤ **Have one "free day" once a week where you eat anything**

Eating well is a habit that must be cultivated using discipline. However, keep in mind that your heart and mind love freedom more than anything else, so it's critical that you give yourself a free day at least once a week. There is also evidence to suggest that when you indulge in a free day, your body does not try to conserve fat.

On your 'free day', eat whatever you want. However, see if you can maintain the habit of only eating once every 3 hours.

### **What About Meal Replacement Shakes and Bars?**

I do not recommend weight loss or meal replacement bars, shakes, or potions of any kind. Many of them are filled with chemicals and additives that are not conducive to health. Instead, I advocate simple, wholesome foods that are organically produced. These foods are the key to longevity, healthy, and long-term weight loss.

## The Inner Game of Weight Loss

The information I have shared here gives you an effective *outer game* of weight loss – exactly what to *do* to maintain a healthy, lean body.

However, to succeed, you will also need a strong *inner game*—the ability to manage your emotions—to properly follow through on the outer game.

I suggest you approach your outer and inner games differently.

Since you can directly control the outer game of shopping for and preparing food, you'll want to approach it with a vengeance. Place high expectations on yourself to plan, shop for, and prepare small, simple, organic meals.

This way, you'll put circumstances on your side by having these foods available at work and home.

### The Inner Game

Your inner game of weight loss will require a different strategy than your outer game.

Your inner game of weight loss is your ability to manage your emotions effectively so you can actually follow a healthy diet. Sometimes, we eat unhealthy foods for biochemical reasons: a food allergy or an addictive food (caffeine, sugar) has triggered cravings for more of the same food.

Most often, though, unhealthy eating is due to emotional and binge eating. This is driven by the fact that we tend to be emotionally suppressed, which makes us tired. We eat to gain a hit of energy and continue to keep these negative emotions outside our conscious awareness.

I've found that most people do not consider themselves suppressed. I believe the reason for this is because suppression is an unconscious mechanism; we are unaware of it when it happens. For this reason, suppression is tricky to spot.

Since all human beings suppress, it is a good idea to assume you are suppressed at least some of the time. If you are overweight, you can be certain that addressing suppression will pay excellent dividends in your weight loss program.

If you still doubt that you are suppressed, there is an easy way to test the theory. Merely eliminate the foods from your diet that are addictive (sugar, coffee, soda pop, fast food, etc.), and you will immediately notice the feelings that they are helping you avoid.

## Why We Suppress Negative Emotions

Suppression occurs when you push feelings outside of your consciousness. It usually happens without deliberate effort on our part; the upside of suppression is that it allows us to function during times of trauma and crises.

The downside of suppression is that it has many side effects: mild depression, irritability, chronic anger, de-motivation, loss of confidence, inability to be compassionate towards others, and the topic of this supplement: **food addiction**.

## The Benefits of Reducing Suppression in Your Life

You want to bring your negative emotions into conscious view because they are a navigational compass that tells you what you want, including what changes you need to make in your life.

All negative emotions come from one source: not getting what you want. **Anger** is desire contaminated by helplessness; **sadness** is rage at being attached to a desire or person you cannot have; **disappointment** is a mild form of rage.

The key word here is helplessness. You want something, but doubt has crept in as to whether you can get it...so you become angry, frustrated, fearful, disappointed, or sad.

When you accept and experience your negative feelings, you realize who you are and what you want. You also avoid the debilitating side effects I mentioned above.

Suppressing your feelings is exhausting; when you eat, you give yourself an instant hit of energy keeps the feelings at bay. The emotions we keep suppressed using food are usually one or more of the following:

**Survival fear:**            **Money and security worries; fear of failure and inadequacy**

**Fear of rejection:**    **Fear of abandonment or loss; sadness (rage at being attached to a person you cannot have)**

**Stress:**                    **Performance anxiety; deadlines; doing tasks you dislike**

When you binge on unhealthy food or eat when you are not hungry, rather than becoming too self-critical, I suggest you observe yourself with curiosity.

Recognize that you are using food to suppress feelings, which is why it is so difficult for you to control yourself. It is not that you lack discipline; it is merely that there are powerful unconscious emotions that you are eating to avoid.

## Lisa's Picks: Your Dream Team Directory of Success Gurus

Here are some steps you can take to manage your inner game when you find yourself caught in this cycle.

1. Write down everything you eat, even when it's unhealthy or binge eating. Do not chastise yourself for this eating; merely observe it.
2. Spend 30 minutes per day alone, letting your feelings come into conscious view. The easiest way to do this is to lay down, relax, put your hand over your heart, and invite any feelings you are having to come forward. If there has been a hurtful or upsetting event in your life, it will eventually come into the screen of your mind. If you experience disappointment, fear, or sadness, experience it without resistance.
3. Pay attention to any desires that may surface during these sessions. For example, you may find yourself dreaming about a promotion, a vacation, or a relationship you want. Or, you may find yourself lusty for money or sexual experience. Notice these urges, but do not judge them.
4. Do not make yourself promises such as, "I will never eat chocolate again!" that may set you up for failure and disappointment. Merely notice when you are overeating. In particular, notice that you do not feel any better emotionally after overeating.
5. After a while, you will notice that your urge to binge comes in cycles. When you are emotionally clear, eating well will be easy, and you will find it difficult to believe you ever binged. When you become suppressed – and subsequently depressed – you will want to overeat, and trying to restrain yourself will be like resisting gravity.

Your job is to reduce the length and severity of your binge cycles. When you feel one coming on, invoke discipline until you can manage some alone time. Then, increase your daily meditation until you know what is making you anxious, sad, or frustrated. Use this information to improve your life. And, again, notice that food does not really satisfy you; it does not provide relief from the feeling.

These steps are integral to developing an excellent inner game of health and vitality.

## Lisa's Picks for Weight Loss

Now you know the principles I've used to judge the weight loss programs I'm recommending here. Here are a few sources that promote the majority of the concepts I've just outlined.

### Weight Loss and Fitness

#### 1. Body for Life by Bill Philips

The 12-week Body for Life program will get you on a very solid, enjoyable workout routine in the morning, which will develop your discipline and raise your metabolism. It will also help you reduce your portions by eating small meals six times a day. The meals will encourage you to eat simply as well.

There is a litany of Body for Life success stories that make you believe that you, too, can be buff. It is one of the best parts of this program. It's also easy to follow and gives you extensive freedom on your meal choices.

Here are my suggestions on how to best implement this program:

1. Eat the recommend foods on the program, but only in organic form.
2. Investigate the nutritional shakes he suggests – do they have all natural ingredients? If not, replace with a shake that does, or stick to food only.
3. Do not approach the program as a 12-week endeavour. It will only give you the results you are seeking if you view it as a permanent program.

For information on this program go to:

[Body for Life](#)

[Body for Life Success Journal](#)

[Body for Life Two Book Set \(both of above\)](#)

[Eating for Life](#)

[All Body for Life links](#)

#### 2. Natural Cures “They” Don’t Want You to Know About (chapter on weight loss) by Kevin Trudeau

This chapter is from a book on health I will expand on in the next section. Trudeau's weight loss chapter will give you some guidelines that are easy to implement. It will also educate you on how to cleanse your system and boost your metabolism.

## Lisa's Picks: Your Dream Team Directory of Success Gurus

This chapter doesn't include any meal plans; if you prefer following meal plans, you'll need to get them from another program. For information, go to:

[Natural Cures "They Don't Want You to Know About"](#)

### **3. Eat Right for Your Blood Type by Dr. Peter J. D'Adamo**

I included this book so you can customize your meals to your blood type. By matching your blood type with foods that complement it, you will avoid foods that are stored as fat on your body. You will also be able to select foods that speed up your metabolism.

[Eat Right 4 Your Type](#)

[The Eat Right for Your Type Complete Blood Type Encyclopedia](#)

[Cook Right for Your Type](#)

[Link to all books from D'Adamo](#)

## Lisa's Picks for Health

### 1. Natural Cures "They" Don't Want You To Know About by Kevin Trudeau

Trudeau makes a compelling case that our many of our modern-day health problems (heart disease, cancer, and diabetes) can be traced to a combination of the following three factors:

1. Toxins in our food
2. Toxins in our environment
3. The prescription and over the counter drugs we have been taking our entire lives

Trudeau believes that the advertising by '*big pharma*', the largest pharmaceutical companies in the world, has socialized us to treat the *symptoms* of our diseases using medication rather than curing their root causes with natural remedies.

Case in point: many headaches are caused by food allergies and sensitivities. An obvious natural cure for headaches, then, is to identify the foods that are causing them and avoid them. However, since food sensitivities are difficult to diagnose, most people take a pain reliever for the symptom of the headache.

The danger of this approach is twofold. First, we are not addressing the cause of the headache. Second, we may not properly understand the side effects of these medications, particularly on our long-term health.

Trudeau is somewhat fanatical about his cause and does not have medical training; as a result, I do not recommend him as a source of medical advice.

Having said that, I think his main point—that to preserve health, we need to be conscientious and informed about everything we consume into our bodies—is sound. For information, go to:

[Natural Cures "They Don't Want You to Know About](#)

### 2. The Pulse Test By Dr. Arthur Coca

A friend came to me for help because suspected she had an allergy to potatoes. The reason? She simply *had* to have potatoes every day. It started to bother her when her daily dose of MacDonald's for French fries caused her to gain weight.

I suggested she use the guidelines in The Pulse Test to see if perhaps she did have an allergy. Her resting pulse rate was 92 beats per minute, much higher than the average range of 50-74 beats per minute.

## Lisa's Picks: Your Dream Team Directory of Success Gurus

This data suggested to her that she *did* have an allergen in her system, and potatoes might be it. However, the only way to know this was to not eat them for at least 4 days.

She decided to abstain from potatoes and did not have French fries for 9 days. After 4 days, her pulse dropped to the low 70s and stayed there. After 9 days, she decided to re-introduce potatoes to see what symptoms they were causing her (plus, her addiction kicked in. She wanted them back).

I agreed to stay with her during the re-introduction in case she experienced any unusual symptoms.

Half an hour after eating the fries, I asked her how she was feeling. "Fine," she said.

I was perplexed. I knew from her from the data about her pulse that the fries were wreaking havoc with her body. Finally, she said: "Well, except for the heartburn, that is."

"What do you mean?" I asked.

She replied, "Well, half an hour after eating fries I always get this intense, searing pain in my chest. I didn't have it the past 9 days, so it's more noticeable now. The pain makes it tough for me to play sports, though."

After some thought, more monitoring of her pulse, and a visit to the doctor, she decided to give up potatoes for good.

The Pulse Test reveals an easy-to-use method for identifying and eliminating food allergies and sensitivities.

By carefully monitoring your pulse, you can systematically self-diagnose and eliminate symptoms such as psoriasis, headaches, backaches, asthma, arthritis, stomachaches, hyperactivity, bed-wetting, heartburn, hives, itching, ear infections, eczema, hypoglycemia, colic, ulcers, diarrhea, constipation, weight gain, anxiety, fatigue, mood swings, and herpes outbreaks.

I have personally done research and taken training in food allergy and sensitivity in order to help my clients relieve themselves of fatigue and mood swings. Coca's pulse test can be invaluable to you in getting to know your body and which foods are agreeable to it. For information, go to:

[The Pulse Test: The Secret of Building Your Basic Health \(updated for the 1990's\)](#)

### 3. Is This Your Child? By Dr. Doris Rapp

If your child is inexplicably suffering from symptoms such as psoriasis, headaches, backaches, asthma, arthritis, stomach aches, hyperactivity, bed-wetting, heartburn, hives, itching, ear infections, eczema, hypoglycemia, colic, ulcers, diarrhea, constipation, weight gain, anxiety, fatigue, mood swings, sleep disorders, and herpes outbreaks, it's possible that he or she has undiagnosed food allergies or sensitivities.

This ground-breaking work by Dr. Rapp will help you determine the root cause of these symptoms and eliminate them in your children. Go to:

[Is This Your Child?: Discovering and Treating Unrecognized Allergies in Children and Adults](#)

### 4. Tapping the Healer Within By Dr. Roger Callahan

This resource will give you a natural, non-invasive treatment for phobias and traumas using your body's energy system.

Phobias are fears that can develop slowly over time or strike full-blown virtually overnight. Common phobias include the following:

- Heights – flying, park rides, elevators, escalators
- Crowds, open spaces, water, small enclosed spaces
- Snakes, spiders, insects, dogs, cats, mice
- Public speaking
- Germs, doctors, dentists, medical procedures e.g., needles

Phobias range from mild to intense. However, once they are intense, they are difficult to control using rational thought. Thought Field Therapy, a technique developed by Dr. Roger Callahan, can be very effective in eliminating them for you. Dr. Callahan's website is [www.tftrx.com](http://www.tftrx.com).

Another effective treatment for phobias is **hypnosis**. In hypnosis, the therapist puts you in a relaxed state of mind and makes suggestions to your unconscious to help you overcome your phobia. Usually, the therapist will tape your session so you can listen to the tape every night for 30 days. Hypnosis can be quite effective *if* you follow through on your entire month of treatment.

To find a qualified hypnotherapist, I suggest you look in the Yellow Pages in your city under Psychologists or Counselling.

## **5. Ageless Body, Timeless Mind by Dr. Deepak Chopra**

Dr. Chopra is considered one of the leading authorities in the world on mind/body medicine. He operates the renowned Chopra Centre for Healing in La Jolla, California. This book is foundational for understanding the mind/body connection. Go to:

[Ageless Body, Timeless Mind](#)

## Lisa's Picks for Marketing

### 1. Dan Kennedy

Dan Kennedy specializes in teaching you **direct marketing** strategies. Direct response marketing is marketing you track to measure its effectiveness.

I recommend Dan because of his skill in lead generation (attracting qualified prospects vs. cold calling), direct mail campaigns, copywriting (writing the words that can increase sales response), and positioning (developing a unique selling proposition and matching to the right clients).

I suggest you start with the books *The Ultimate Marketing Plan* and *The Ultimate Sales Letter* and then follow them up with his *Magnetic Marketing* audio program.

[Dan Kennedy](#)

### 2. Tom Antion

Tom Antion is an internationally acclaimed expert for **internet marketing** strategies, including getting traffic to your site and converting visitors to sales. One of his websites costs only \$650 to create and received "Best-of-the-Web" honours in INC. magazine beating out sites that cost millions to produce.

If you want to increase sales on your website right away, here is an audio program to help you:

<http://www.kickstartcart.com/app/?af=349562&u=www.antion.com/buttcampcd.htm>

Tom also has an excellent shopping cart you can incorporate into your ecommerce system. For details, go to:

[KickStartCart Shopping Cart System](#)

### 3. Positioning: The Battle for Your Mind By Al Ries & Jack Trout

This marketing classic will help you determine exactly how to get your product or service into the mind of your customer.

[Positioning: The Battle for Your Mind](#)

#### **4. Piranha Marketing**

Joe Polish of Piranha Marketing started out as a broke carpet cleaner. First, he learned how to make his small business successful. Then, he taught other carpet cleaners how to increase their revenues using his marketing methods. He is now one of the most successful marketing consultants in North America in the area of direct response marketing.

[Piranha Marketing](#)

## Lisa's Picks for Leadership

### 1. The 7 Habits of Highly Effective People by Dr. Stephen Covey

This resource gives you a foundation for being an effective person. Covey explains principles of personal accountability, time management, goal-setting, empathy, teamwork, and self-development.

The 7 Habits program will increase your leadership success because you are responsible to model effectiveness for the people you supervise. The more effective you are at work and home, the easier it is to inspire the people around you.

I prefer Covey's CD version to his book because he is one of the top public speakers in the world. To get either one, go to:

[Franklin Covey link](#)

[The 7 Habits of Highly Effective People \(Soft Cover\)](#)

[The 7 Habits of Highly Effective People \(Hard Cover\)](#)

[The 7 Habits of Highly Effective People \(13 CD System\)](#)

### 2. The 7 Habits of Highly Effective People by Dr. Stephen Covey

The people you lead respond more to *who you are* than *what you say*. They have an instinctive reaction to you that is based on your level of self-esteem.

Nathaniel Branden is the pioneer of the modern self-esteem movement. His book will give you an in-depth understanding of how you can raise (vs. lower) your self-esteem. It also has a 32-week sentence completion you can use to build your self-esteem. To view, go to:

[Six Pillars of Self- Esteem](#)

### 3. Inner Tennis: Playing the Game by Tim Gallwey

When an employee makes errors, you need to make him aware of this so he can learn how to correct them. But, how do you do this without eroding his confidence or offending him?

I included Gallwey's book on tennis in the leadership category because this book teaches a revolutionary method for teaching skills that does not involve correcting

## Lisa's Picks: Your Dream Team Directory of Success Gurus

people. Once you understand his 'awareness approach', you will be able to use it to train your team. Go to:

[Inner Game of Winning](#)  
[The Inner Game of Work](#)

### **4. Wake 'Em Up Professional Speaking System by Tom Antion**

As a leader, you will be required to make presentations to your team, clients, stakeholders, and upper management. The better you are the front of the room, the more confidence you will have as a leader. Tom Antion has an excellent program that will train you in the fundamentals of speaking. Go to:

[Wake 'Em Up Video Professional Speaking System](#)  
[Wake 'Em Up Video Business Presentations \(Printed book or CD\)](#)

## **Lisa's Picks for Spiritual Enlightenment**

### **1. The Power of Now by Eckhart Tolle**

At the age of 29, Eckhart Tolle experienced a profound spiritual transformation that freed him from the deep-seated state of fear, need, lack and incompleteness that is part of the human condition. He spent the next few years devoted to understanding, integrating, and deepening that transformation. He is now a counselor and spiritual teacher. This book is a guide to spiritual enlightenment that I consider mandatory for anyone interested in evolving to the next level of humanity. Go to:

[The Power of Now: A Guide to Spiritual Enlightenment](#)

[Practicing The Power of Now: Meditations, Exercises, and Core Teachings for Living the Liberated Life](#)

[The Power of Now: A Guide to Spiritual Enlightenment Audio/CD](#)

### **2. The Seven Spiritual Laws of Success by Dr. Deepak Chopra**

Dr. Chopra distills seven spiritual principles you can use to achieve success in your life. Go to:

[Seven Spiritual Laws of Success](#)

### **3. Emotional Clearing by John Ruskan**

Ruskan provides a self-therapy guide to releasing negative feelings and awakening unconditional happiness. The book includes several powerful meditation techniques for accessing and clearing suppressed negativity. Go to:

[Emotional Clearing: A Groundbreaking East/West Guide to Releasing Negative Feelings and Awakening Unconditional Happiness](#)

[Emotional Clearing: The Handbook of Integrative Processing](#)

[Emotional Clearing: Releasing Negative Feelings and Awakening Unconditional Happiness](#)

## **Lisa's Picks for Relationships**

### **1. Stop Your Divorce by Homer McDonald**

If your spouse is initiating a divorce and you do not want it, I suggest you read this book very carefully. Dr. McDonald also provides telephone counseling. His rates are extremely high, but if you do your homework with the book, you can probably minimize counseling time. Go to:

[Stop Your Divorce](#)

## **Lisa's Picks for Sales Training**

### **1. Brian Tracy**

Brian Tracy is one of the top motivational speakers and sales trainers in North America. His sales training is world class and useful for anyone in a sales and marketing function. Go to:

[Become a Sales Superstar](#)  
[Brian Tracy International](#)  
[Free CD Offer](#)

## **Lisa's Picks for Financial Self-Mastery**

### **1. Think & Grow Rich by Napoleon Hill**

This book is a classic work on developing a prosperity mentality to attract wealth. It is particularly useful if you have not done any self-development in this area. Go to:

[Think & Grow Rich](#)

### **2. Money Is My Friend by Phil Laut**

This book will help you address any emotional baggage and resistance you may have to earning and enjoying great wealth. It includes several practical exercises. Go to:

[Money Is My Friend](#)

## Lisa's Picks for Time Management

### 1. Brian Tracy

Brian Tracy's work in time management is imminently practical. Go to:

[Brian Tracy International](#)  
[Free CD Offer](#)

### 2. Franklin Covey

Other than the 7 Habits series, I believe time management is Covey's strongest area. He is particularly insightful in dealing with executives with respect to their efficiency and productivity. Go to:

[Franklin Covey link](#)  
[The 7 Habits of Highly Effective People \(Soft Cover\)](#)  
[The 7 Habits of Highly Effective People \(Hard Cover\)](#)  
[The 7 Habits of Highly Effective People \(13 CD System\)](#)

## About Lisa Brown



Lisa Brown is a professional speaker, author and coach who helps people succeed using mental toughness. Lisa's expertise comes from her in-depth knowledge of mental toughness. She is the creator of the **Mental Toughness Training for Success** seminar, which she has presented over 1,200 times in North America since 1996.

Lisa has worked with hundreds of executives and high performance athletes to develop their mental toughness. Her client list includes senior VPs of major corporations and Olympic athletes in hockey, curling, badminton, golf, and speed skating.

A firm believer that we must 'practice what we preach', Lisa learned about mental toughness first-hand as a world-class athlete in the sport of ringette in which she has won 3 World Championships. For more on Lisa, go to [www.lisabrown.ca](http://www.lisabrown.ca)

Lisa Brown & Associates  
#207 1415 17 St. S.E.  
Calgary, Alberta, Canada  
T2G 3V3  
[www.lisabrown.ca](http://www.lisabrown.ca)