



***CHRIS  
HELDER***



# ***USEFUL BELIEF***

**BECAUSE IT'S BETTER  
THAN POSITIVE THINKING**



THEY ARISE OUT OF THE  
***RETICULAR  
ACTIVATING  
SYSTEM***



# ***MIND BODY LOOP***

**POSTURE  
BE PRESENT  
SMILE  
GRATITUDE  
ENERGY**



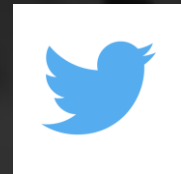
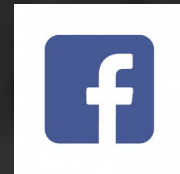
# ***CUT THE NOISE***

**GREATER FOCUS,  
BETTER RESULTS**



# CONNECT WITH CHRIS

Chris Helder Speaker



@HelderChris

Chris Helder



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