

# FLM METTA Healing Oasis, LLC

## The Power of Positive Thinking

Did you know that the majority of people report that they are more productive when they are around positive people? Did you know that positive emotions can improve your physical and mental health? This training explores how positive thinking can impact all areas of your life and suggests strategies for developing your own positive thinking.

### Program Objectives:

- Learn strategies for positive thinking
- Improve your mental and physical health
- Learn the impact positive thinking has in our lives

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