

Learn how to overcome depression, stress by training your mind to stay in the present

Through his systematic approach, you'll break free of old habits, accelerate mental and physical energy, and find more hope and joy

Many of us wish there was more peace, joy and hope in our lives. Author Roland Griffith, through his systematic approach to alleviating mental chatter and focusing on the present, offers a simple and powerful approach that teaches everyone how to overcome depression and stress one Piece of Peace or POP at a time.

Griffith chronicles his own journey battling depression and anxiety in ***Finding Peace One POP at a Time*** and next, teaches you how to make every day a good day. You'll begin to enjoy simple pleasures like your first cup of coffee in the morning, talking with your friends, working in the yard, playing golf and more, by turning down the volume on mental chatter and creating moments (POPs) of peace.

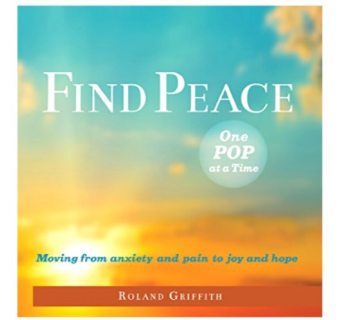
He can discuss:

- Why believing your mind's negative chatter leads to suffering and pain
- How to focus your mind through a series of POPs and discover how to create them
- Map your success by using his guide to track your progress
- That you are in charge of your happiness, one minute at a time

His step-by-step approach is simple to do and will help you change mental patterns. When you document your progress, your excitement in this new process will grow. Griffith's chart at the end of the book will help you map your success. The more that POPs become second nature, the less pain and suffering and the more joy and happiness you'll experience.

Finally, use Griffith's "golf ball theory," to rid yourself of negative thoughts and feelings that are weighing you down one thought or ball at a time...it's easy with practice!

About the Author: Roland Griffith is a successful entrepreneur, humanist, public speaker, and business leader who has achieved peace, increased his personal joy and hope, and developed a system to help others. Roland now offers 30-minute and one-hour consults by phone/Skype or in person, working with you to develop tools to intentionally turn down the volume on your mental mind chatter.



"The more often you elect to step out of your stream of negative thoughts, the less influence they will have on your feelings and moods."

—Roland Griffith

For more information contact:
Cathy S. Lewis
Cslewispublicity@gmail.com
845-679-2188
CSLEWISPUBLICITY.COM