

**An Awesome Mind Secrets! Course:**

# **“How to be More Positive Even in Turbulent Times!”**

## **Part 1: Stress & Humour!**

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## **The Modern World is Stressful**

Many people suffer from stress and anxiety these days and it's no wonder. There are many dangers in the modern world that kick in our automatic 'fight, flight or freeze' response; Driving on busy roads, noisy jets flying overhead, intimidating gangs wandering about, fear of losing one's job, economic collapse, mounting debts, wars, fear of cheating partners and doomsday predictions...

Of course all anxiety is imagined fear of future consequences which may or may not be true. The fact is, the feeling of anxiety is created by our mind through a process of internal images, voices/sounds and possibly smells.

This response has been learned and become an unconscious habit or thought pattern. There are only two innate fears: The fear of falling and the fear of loud noises, all other fears are learned or conditioned. This is good news, it means we can re-learn/re-program the responses we want to change and this can be done quite easily and quickly when you have the correct know-how!

## **The Power of Humour & Laughter**

It has been said that over-seriousness is one of the main 'modern diseases.' Much stress is caused by taking things too seriously or by placing too much importance on things.

*"Laughter is the best medicine"*

Humour and laughter are one of the quickest ways of dealing with seriousness and stress because when you've got some laughter going on, it actually changes your brain chemistry, loosening and lightening your mind in a way that begins to change the meaning you attribute to the problem.

Dr. Richard Bandler, the co-creator of NLP and probably the best Hypnotherapist in the world today, likes to state; "Many people say, 'One day you'll be able to look back at this and laugh,' my policy is WHY WAIT?!"

I suggest that what ever is stressing you out in life, you can at least get a more balanced state of mind towards it, if not being able to laugh at it, using humour and the following simple, proven mind changing techniques in this special report...

# *About the Author:*

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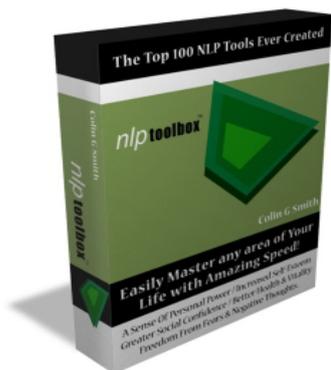


A Master Practitioner of Neuro-Linguistic Programming (NLP) interested in Shamanism, Meditation, Hypnosis, Emotional Freedom Techniques (EFT) and anything that works effectively. Colin has written articles about personal change and several eBooks & Special Reports including:

“The NLP ToolBox”

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