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EMPOWERMENT



# Uplift Your Life

NOURISHMENT OF THE SPIRIT



**Uplift Your Life: Nourishment of the Spirit**  
Thursday at 8 AM Pacific  
**January 29th 2015: Complaining Hurts Your Body; Happiness Heals**

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Thursday at 8 AM Pacific Time  
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We can send positive or negative energy into our own body, into other people's bodies and out into the world. If you've been listening to my show, you know how true this is. That means you have the responsibility of making a conscious choice to create a healthier and happier you while doing the same for the world or choosing to send harm to yourself and others. Every thought we have, word we speak and action we take has serious consequences for our health and that of others. Before we knew this, it was much easier to rant and complain. Once you understand the consequences of that behavior, it'

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## Featured Guest



### Will Bowen

In July 2006, Will Bowen offered a simple idea for people to monitor their success at eradicating complaining from their lives. His idea exploded around the world and nearly 10 million purple Complaint Free bracelets have been sent to people in more than 106 countries.

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