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May 6th 2016: How to Get A Mental Six Pack

According to the Cleveland Clinic (<http://www.clevelandclinicwellness.com>) "humans have an average of 60,000 thoughts daily, 95% of which are the same thoughts repeated everyday. 80% of the habitual thoughts are negative." Since our thoughts trigger our emotions, this indicates that we're experiencing similar emotions day-to-day. Given that we're wired to focus on potential threats, we typically feel survival-based emotions such as fear, judgment, shame, frustration, and anger. In survival mode, we come from a place of scarcity, yet we are essentially creative, growth-oriented beings whose phy

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Featured Guest



Renita Kalhorn, MBA

Renita is passionate about human performance and helping entrepreneurs to maximize their impact. A Juilliard-trained pianist and martial arts black belt with an MBA from INSEAD, she's delivered leadership and resilience coaching for Fortune 100 companies, including Deutsche Bank, Pfizer, as well as incubators and accelerators in New York and Paris.

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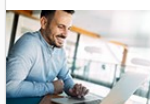
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