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### Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific

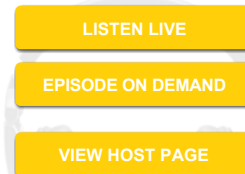
July 13th 2017: Learn How to Manage Yourself, Not Your Time with Nan Russell

Conventional wisdom says: to succeed, you must work long hours. In fact, our brain needs regular breaks to function at its best.



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### Featured Guest



#### Nan Russell

Nan left a successful corporate career to pursue a life-dream to work and write from the Rocky Mountains. She shares her work insights and practical wisdom with a wide variety of people, from coal miners and Navy engineers to college students and senior leaders at nonprofits and Fortune 100 corporations, igniting passions, crystallizing thinking, and changing results.

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