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The Self Improvement Show Archives Available September 04th 2014: Contagious Optimism

The fast pace of our lives can seem like an infinite loop. For many, this includes the constant barrage of emails, a 24/7 workplace, busy families, the challenges of uncertainty, and life's trials and tribulations. All of this can make it easy for someone to get sucked into a "poor me" cycle. Instead of dwelling on the negative, David Mezzapelle recommends tuning your mind to "Positive Forward Thinking"—the ability to find the silver lining in every cloud no matter how difficult yesterday or today may be. Mezzapelle believes that we all have stories that can inspire and motivate others across

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Featured Guest



David Mezzapelle

David Mezzapelle is the founder of the Contagious Optimism movement and the author of Contagious Optimism, a bestselling book series that contains real stories from real people around the globe which demonstrates that every cloud has a silver lining. From 1990-2007, Mezzapelle founded and was director of marketing for Goliath Technology, a data center infrastructure company that supported enterprises worldwide and was sold in 2007. He also established GoliathJobs, a marketing and consulting organization he created in 2006 and retained after the sale of his company to provide employment tools for schools, students and alumni and is now an academic arm of Indeed.com. David launched Jobs

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