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**September 4th 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.

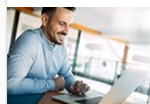
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