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# Uplift Your Life

NOURISHMENT OF THE SPIRIT



**Uplift Your Life: Nourishment of the Spirit**  
Thursday at 8 AM Pacific  
**September 22nd 2016: Create Change by**  
**Making Compassionate, Life-Affirming Choices**  
**with Stephan A Schwartz**

Are you worried about what's happening in the U.S. election campaign and throughout the world with increased fear, anger and verbal and physical violence? Do you feel helpless and frozen by the belief that one person can't make a difference? If so, you will be encouraged to learn that you are far more powerful than you know. Stephan A. Schwartz has been studying social change since his involvement in the Civil Rights movement in the 1960's. His conclusions are quite surprising and absolutely life changing. The responsibility is actually on each one of us. The only change that is lasting and tr

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## Featured Guest



### Stephan A. Schwartz

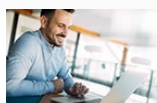
Scientist, futurist, and award-winning author Stephan A. Schwartz is a distinguished consulting faculty member at Saybrook University, a research associate of the Laboratories for Fundamental Research, editor of the daily web publication Schwartzreport.net and columnist for the journal Explore.

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