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**March 17th 2017: Stop Letting Your Mood Control Your Life
With Rachel O'Brien-Eddy**

Does a bad mood cause you to eat junk food, pick a fight with your spouse, or skip movie night with friends? Emotions are powerful, but they don't have to control you. Find out how to stop letting your mood control your life, this week on Infinite Success Radio. Join Personal Transformation Expert, Rachel O'Brien-Eddy, as she reveals ways to quickly and easily conquer your emotions while staying true to yourself. Plus, discover a simple trick to lift your spirits when you're having a bad day. Have questions or ideas for the show? We'd love to hear from you! Email us at Radio@ConnectWithRachel.

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