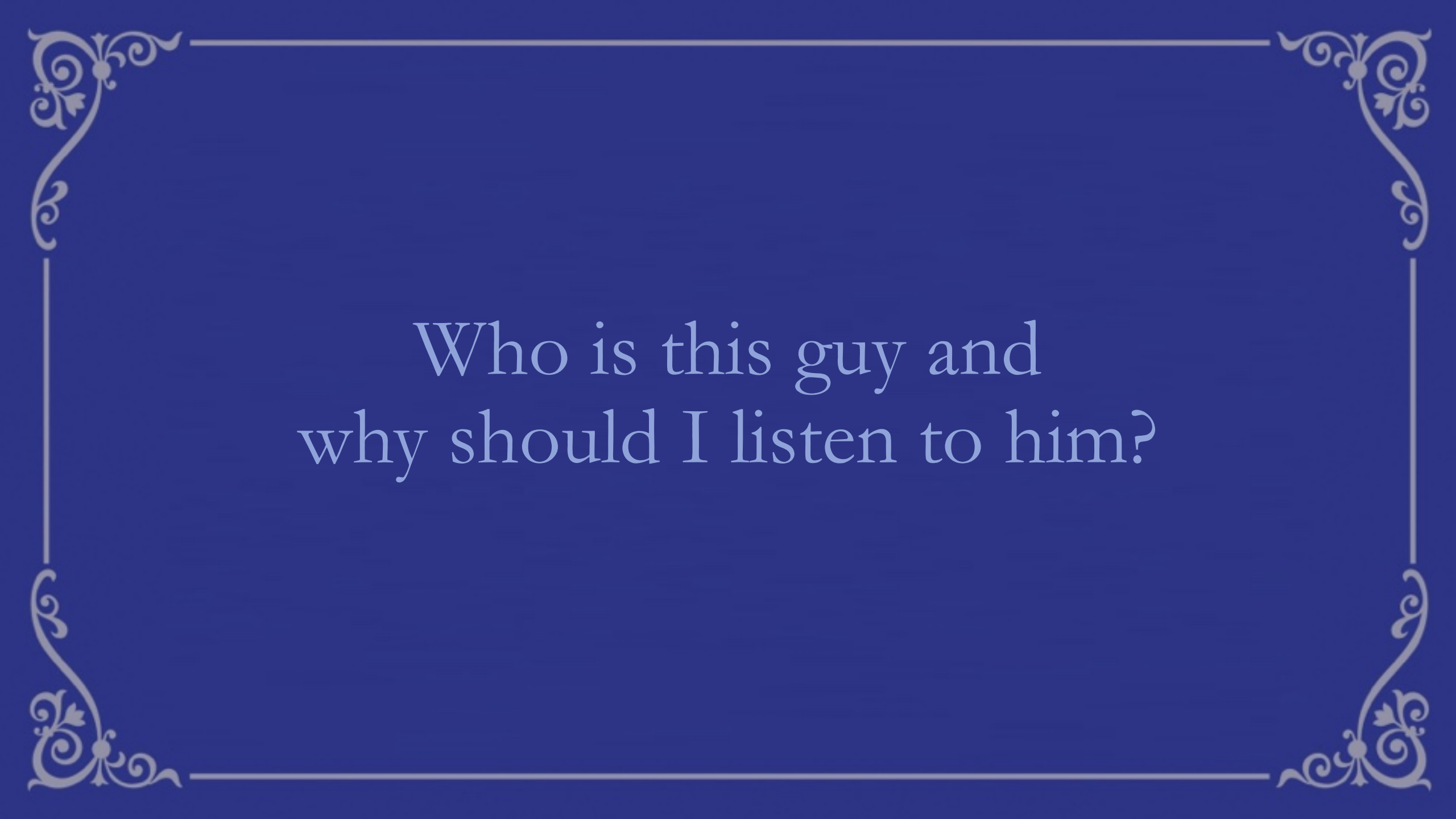




Strategies for a Happier Life

David McBee, Author of *The Greatest Gift in the World*



Who is this guy and
why should I listen to him?



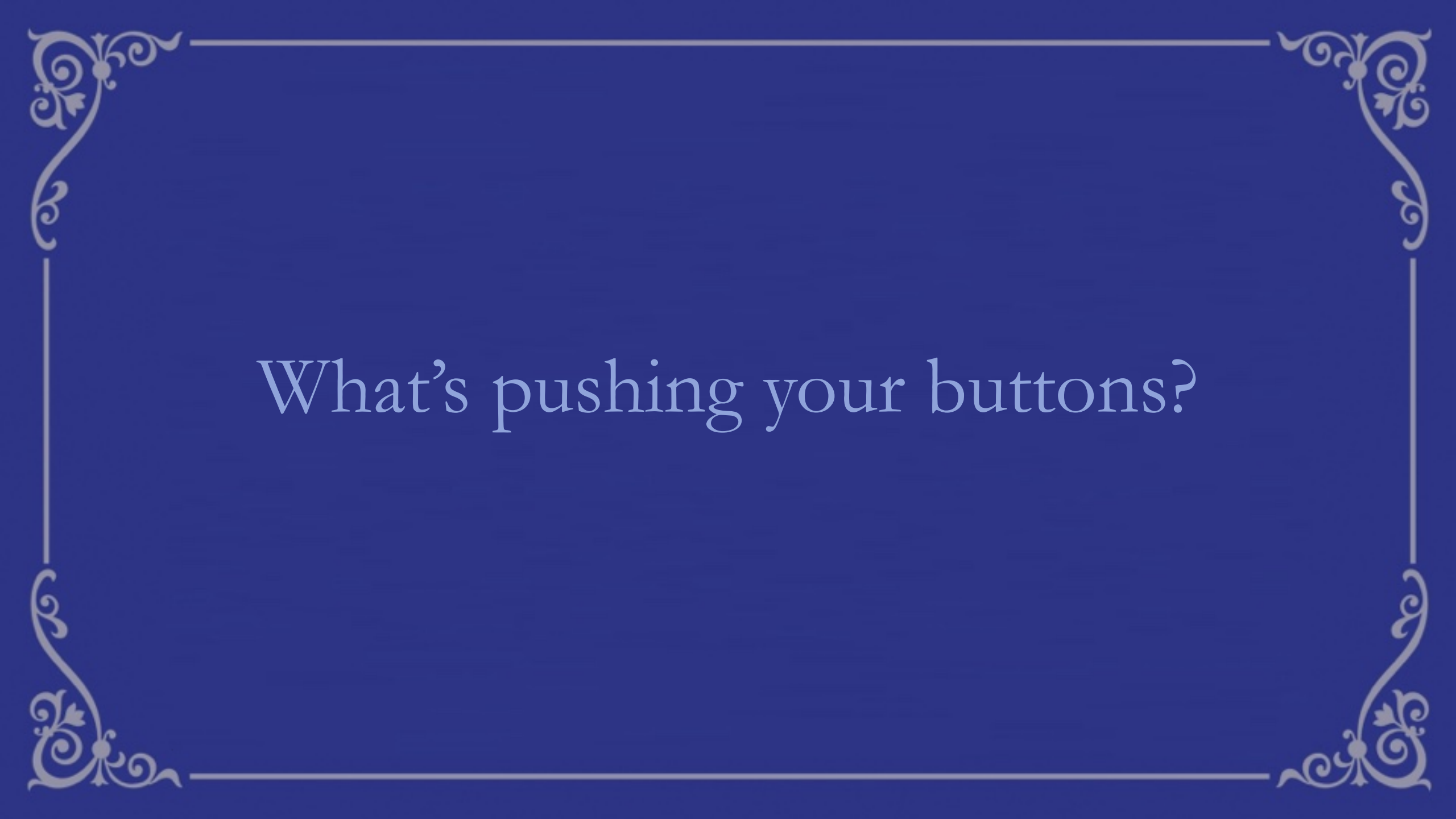


What's something that irritates you?

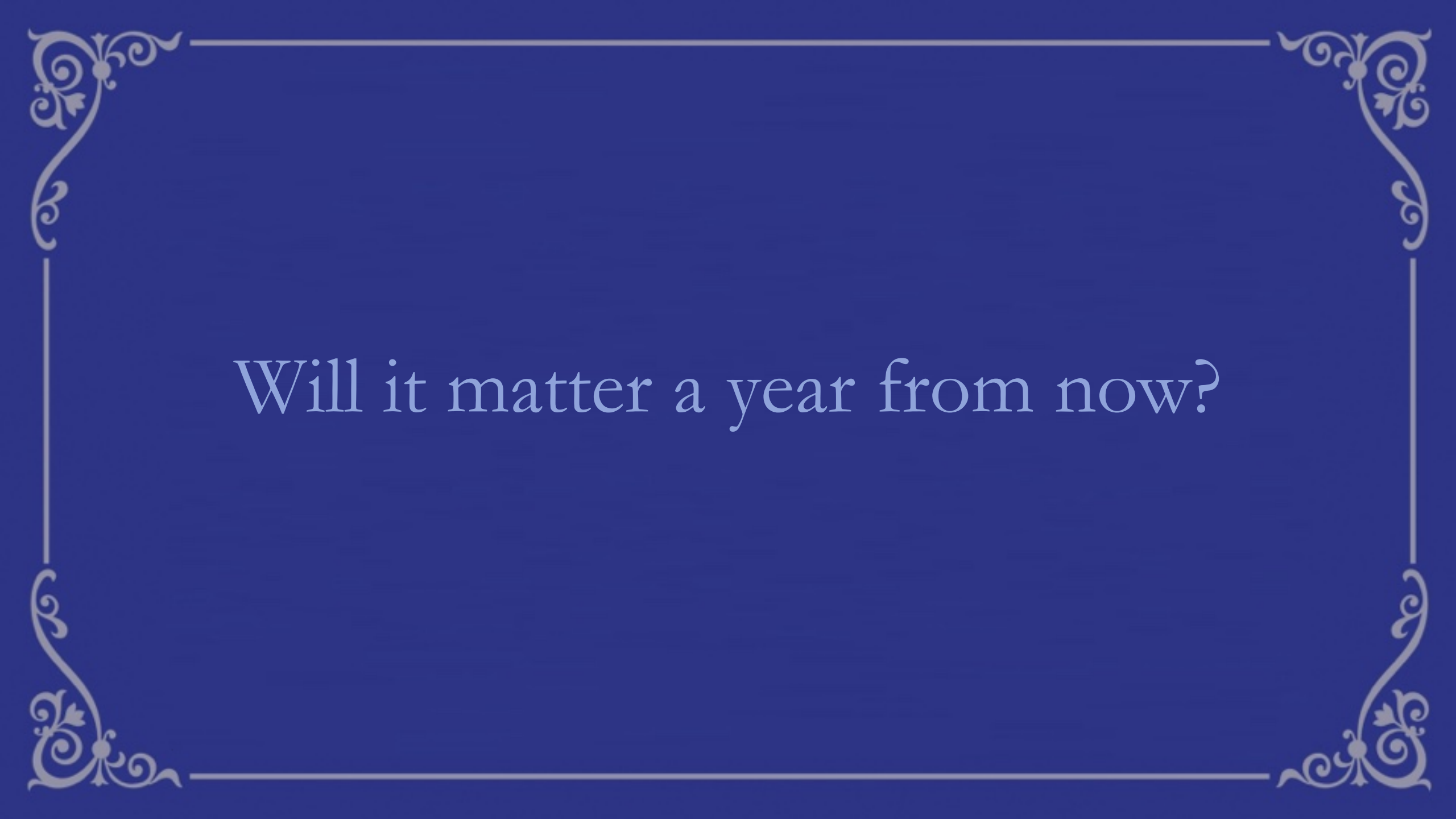


Strategy #1

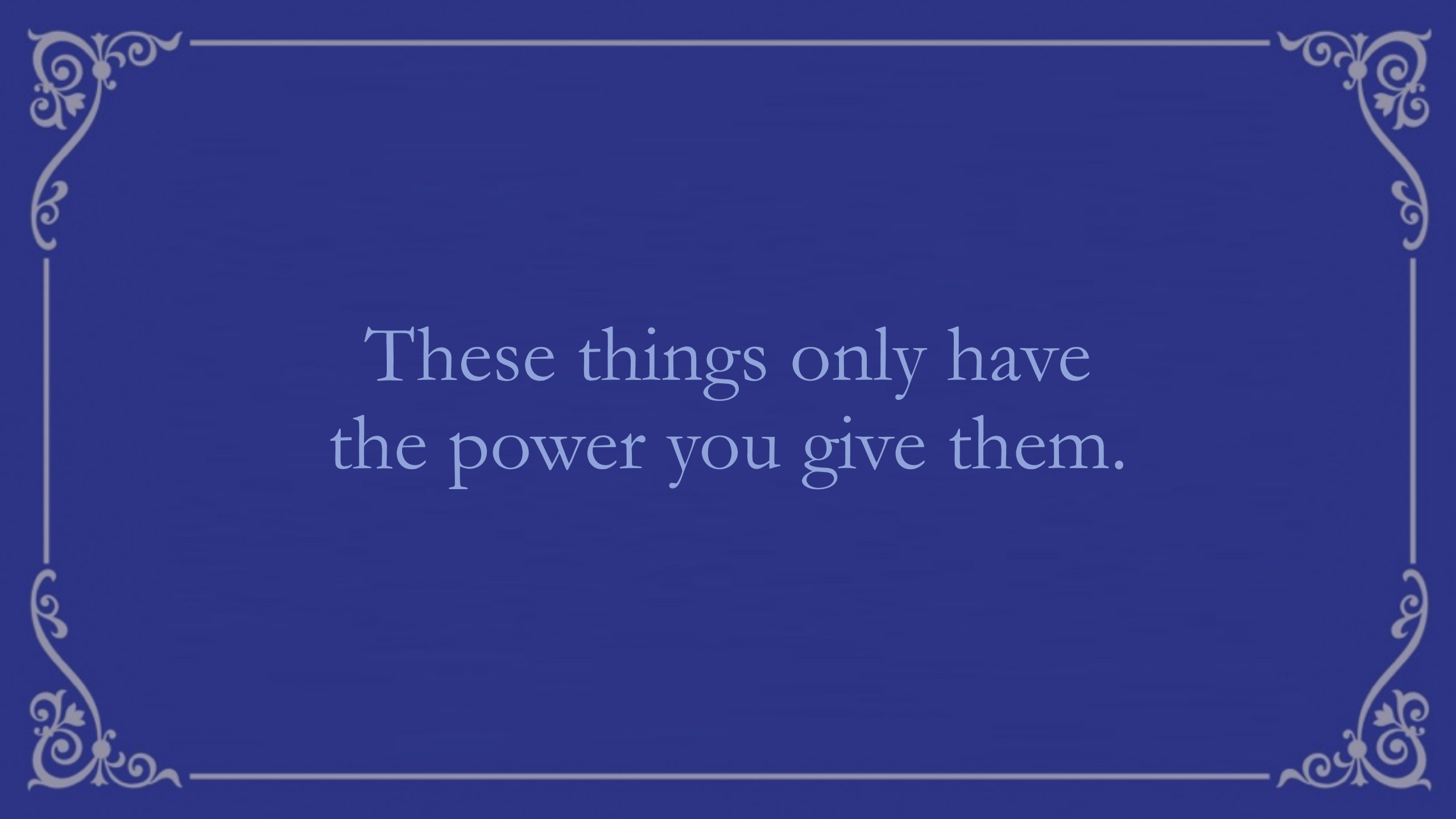
Don't Sweat The Small Stuff



What's pushing your buttons?



Will it matter a year from now?



These things only have
the power you give them.

#1 BEST-SELLING BOOK OF THE YEAR
—USA TODAY

DON'T SWEAT THE SMALL STUFF...

and it's all small stuff



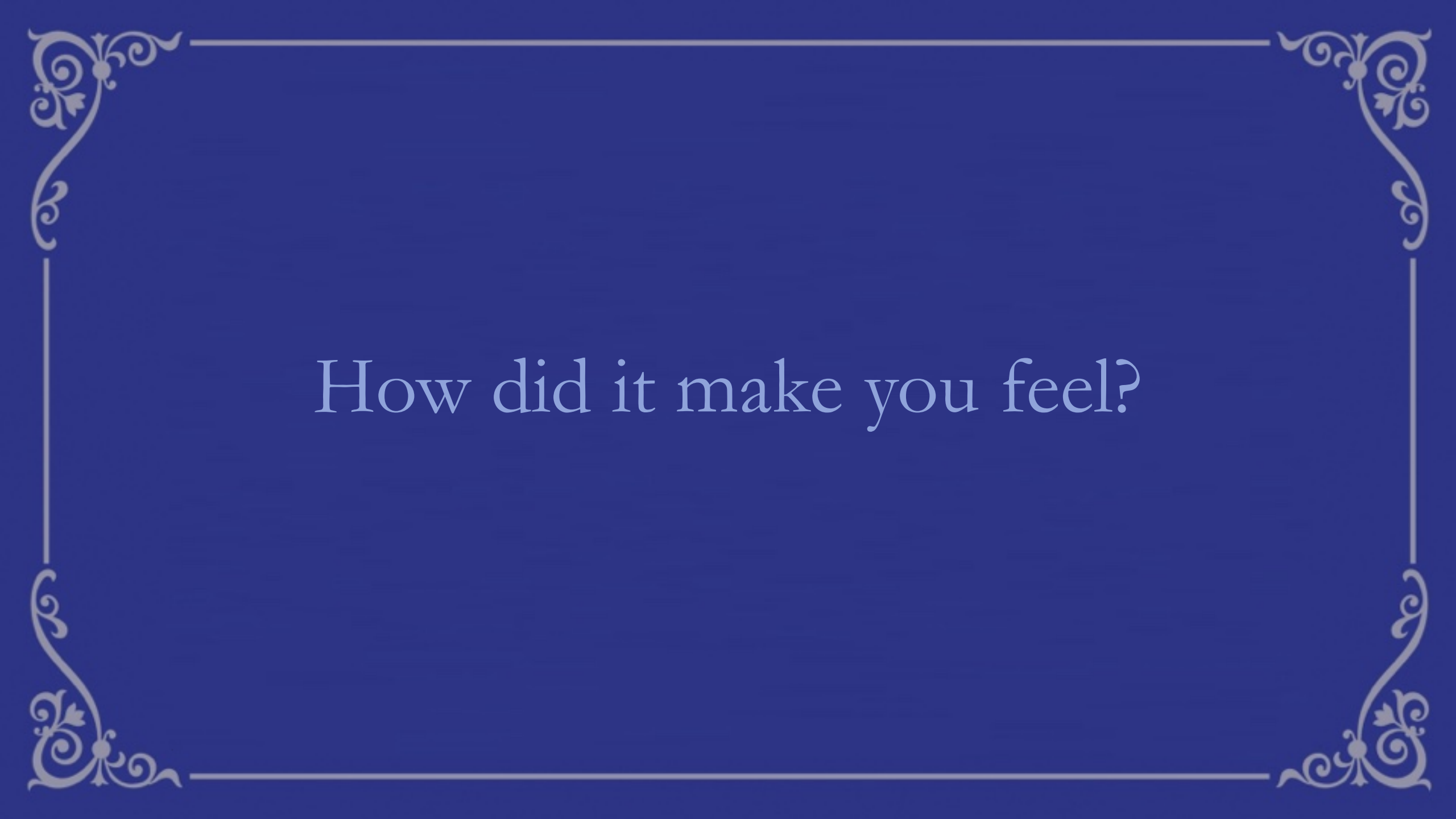
SIMPLE WAYS TO KEEP THE
LITTLE THINGS FROM TAKING
OVER YOUR LIFE

RICHARD CARLSON, PH.D.

AUTHOR OF HANDBOOK FOR SOUL



What's the scariest thing
you've ever done?



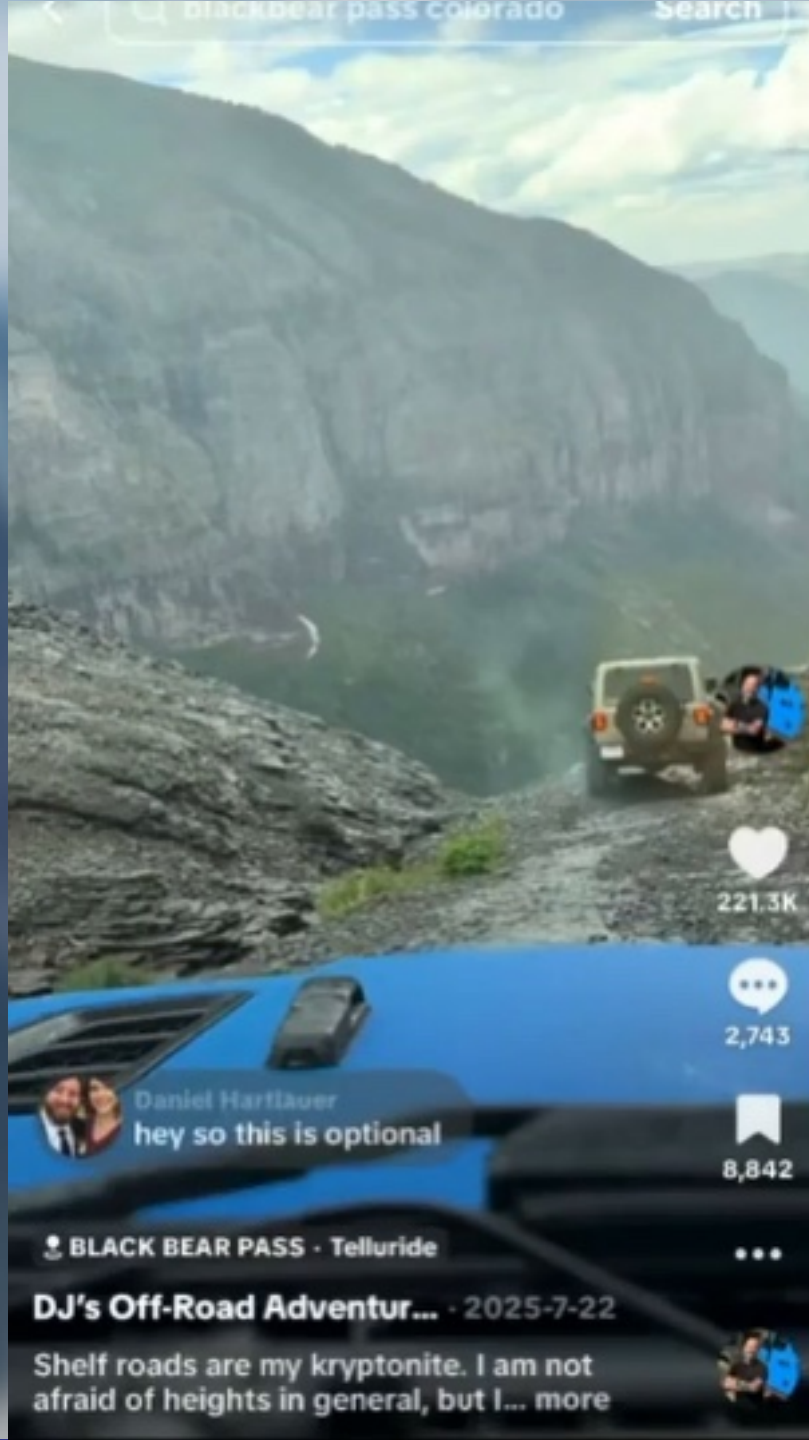
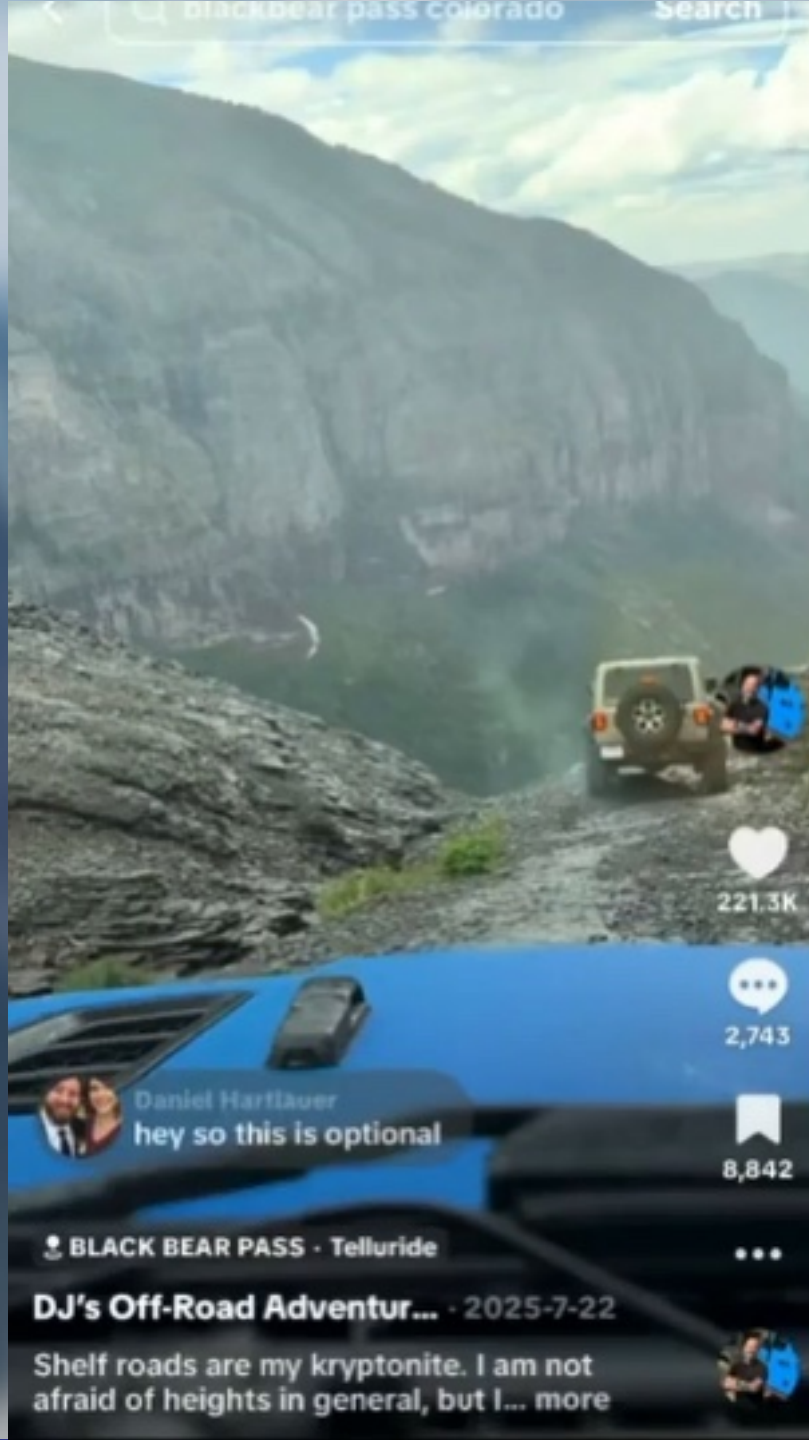
How did it make you feel?

Strategy #2

Do Things that Scare You



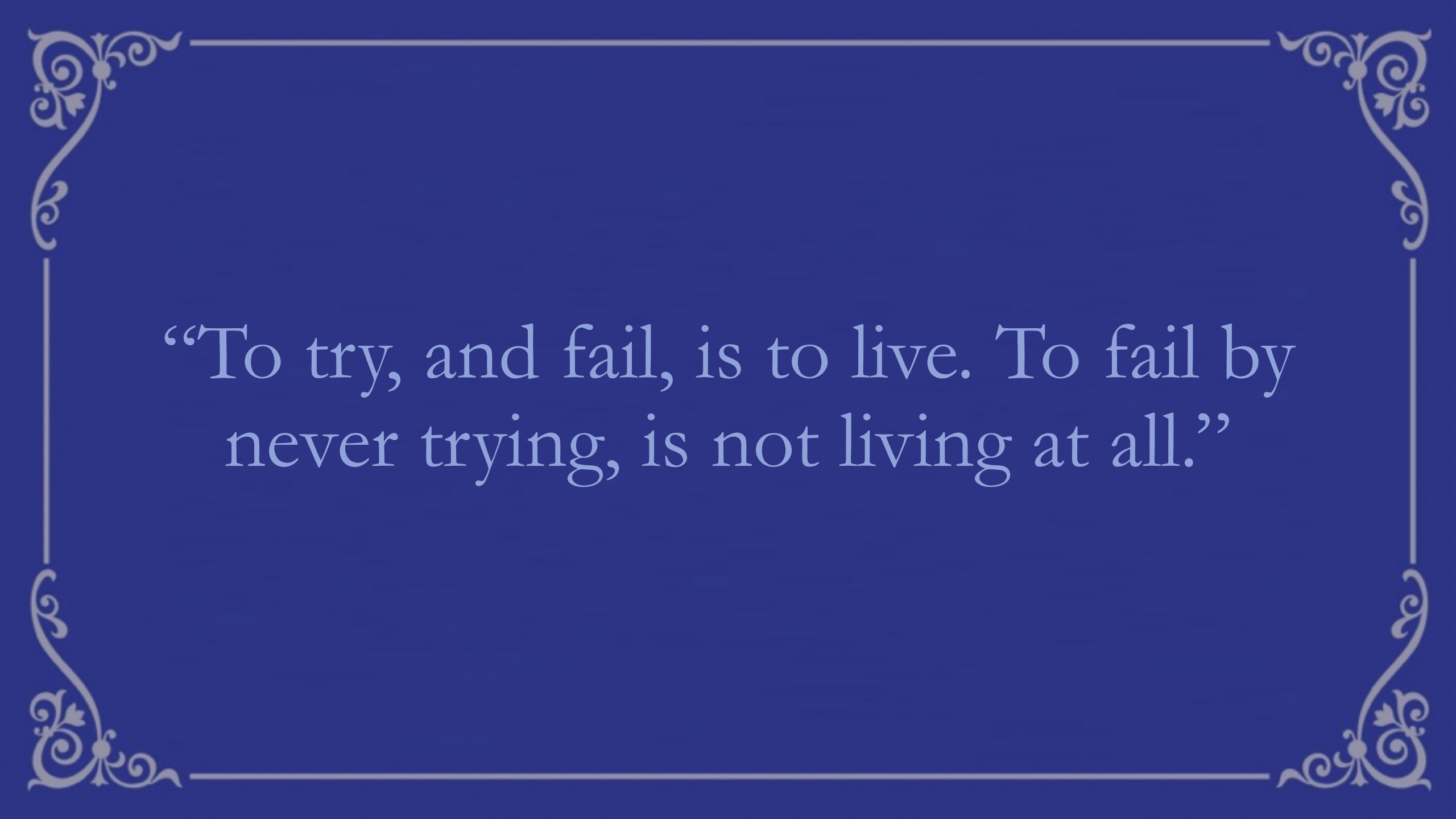








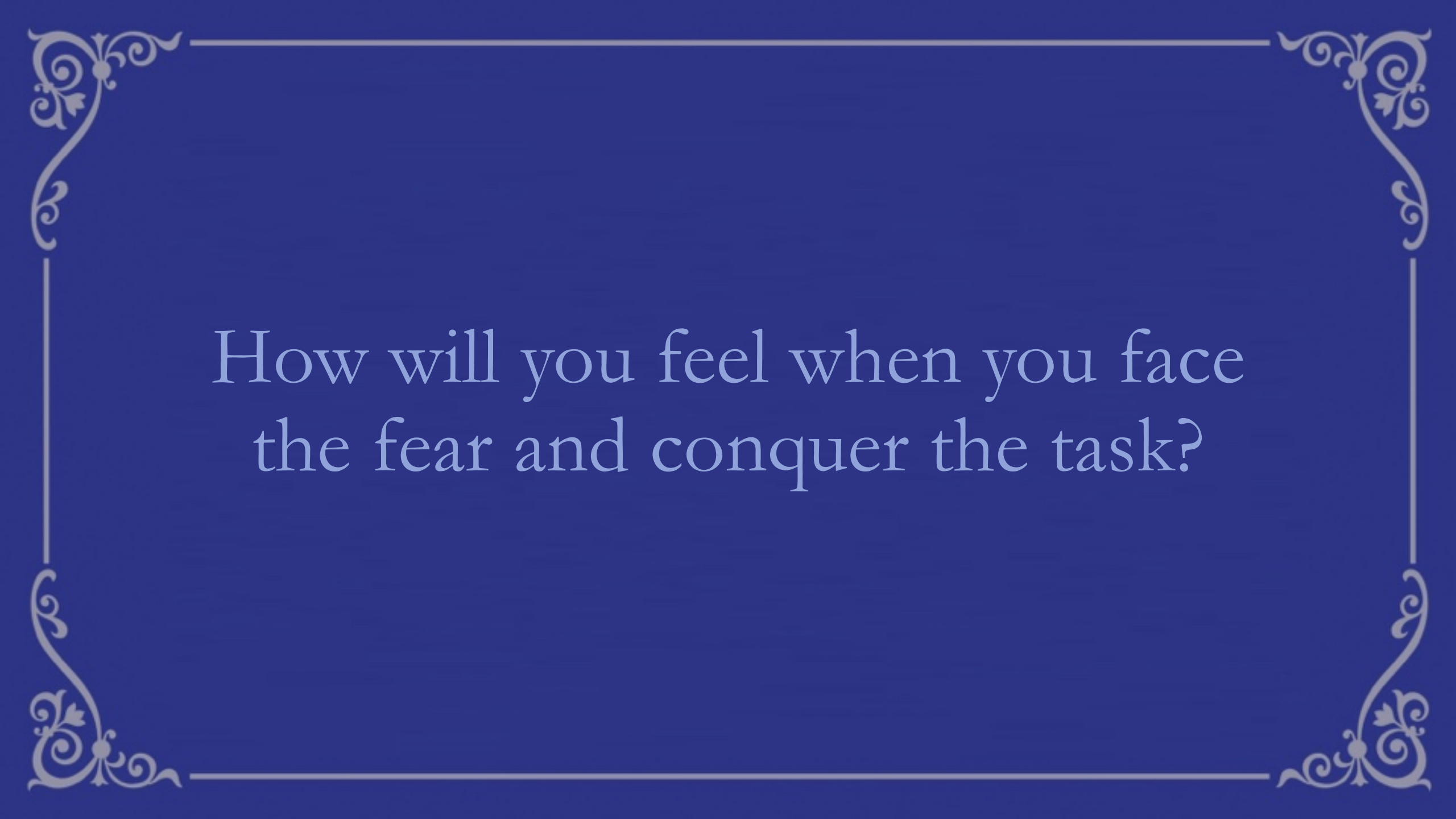




“To try, and fail, is to live. To fail by
never trying, is not living at all.”

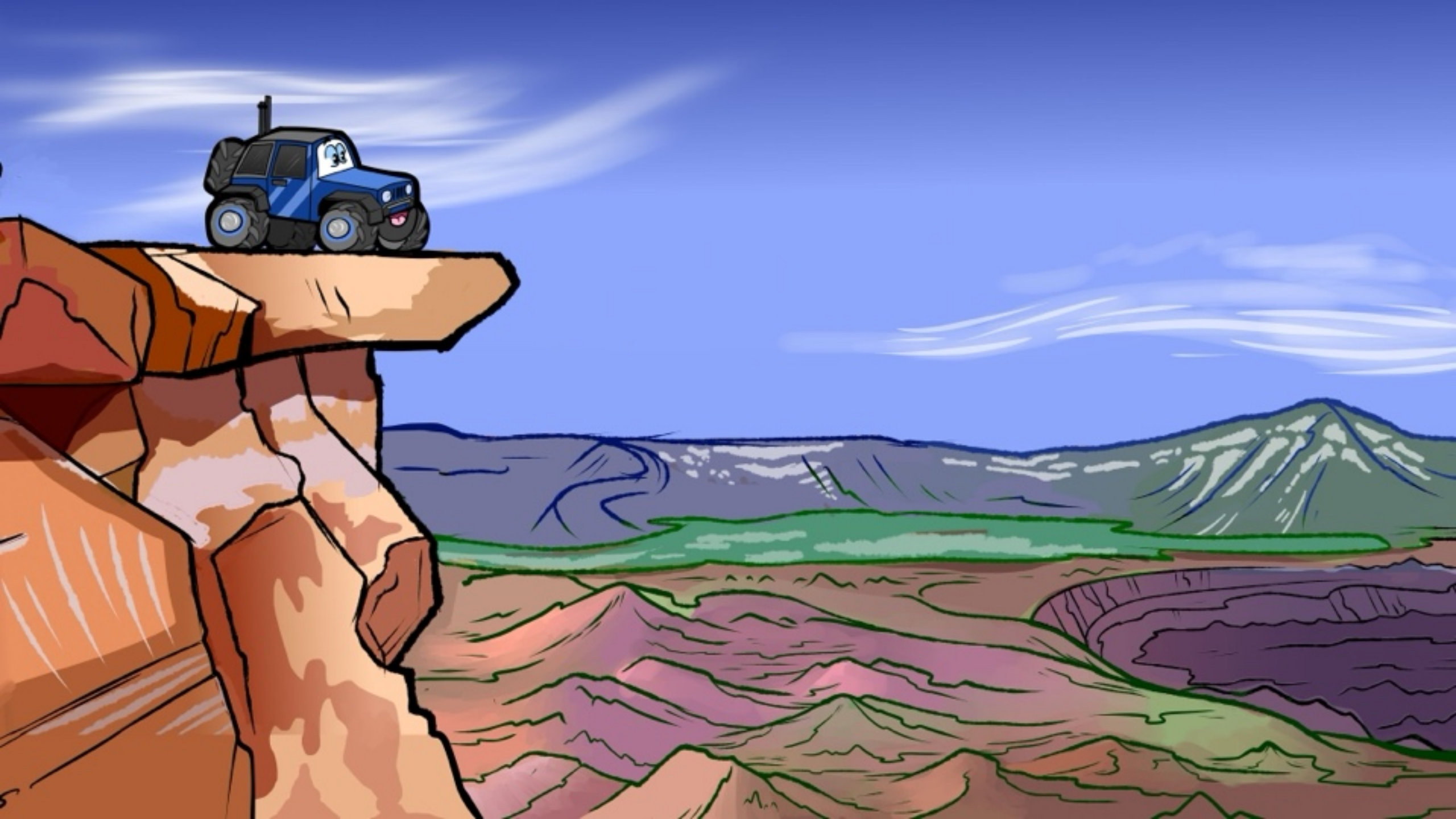


What's something you're
afraid of right now?



How will you feel when you face
the fear and conquer the task?







Who's excited to see
you when you get home?



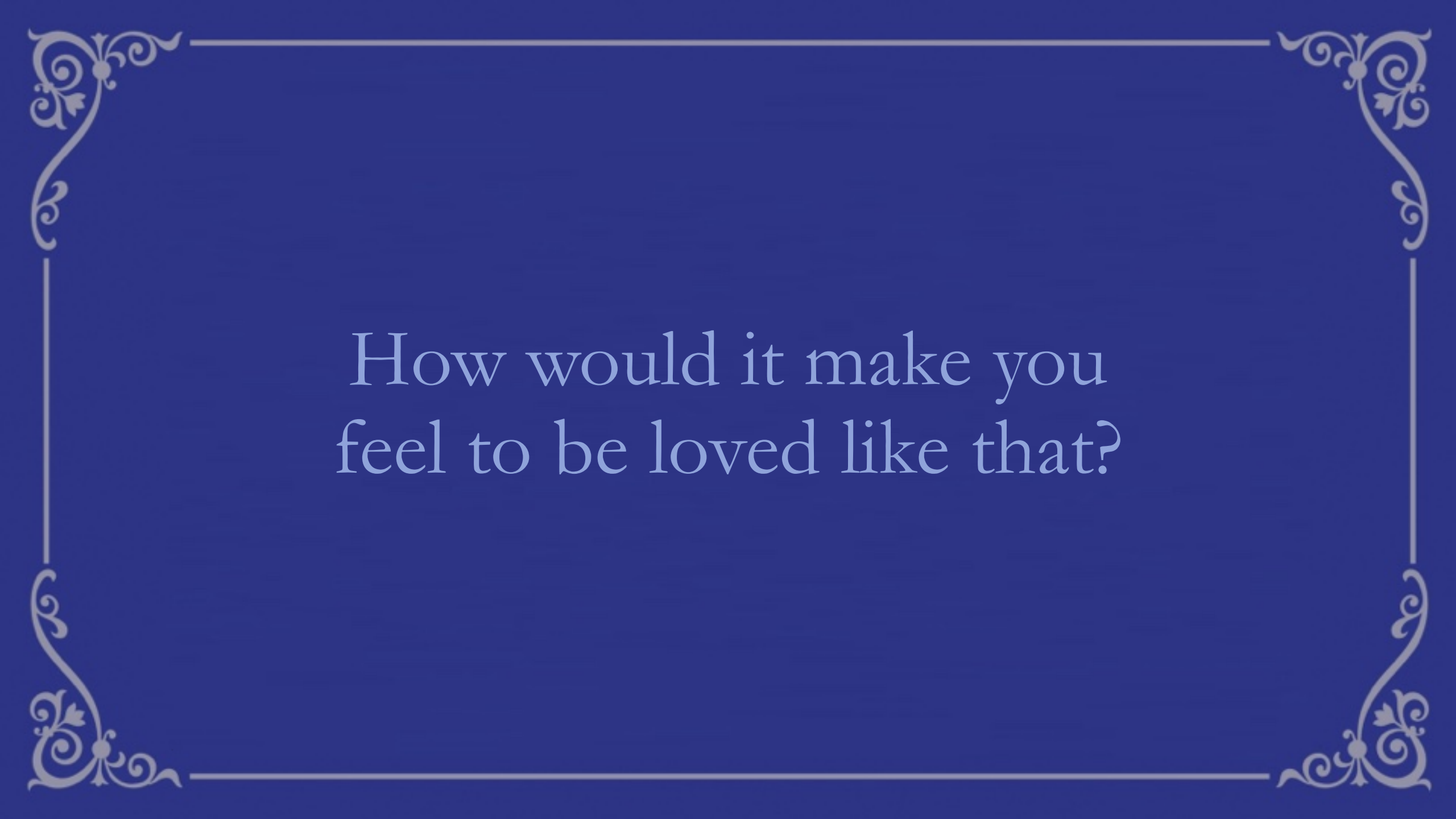
How my dog greets me
when I come home
whether it's been 2
minutes or 2 hours 🐶



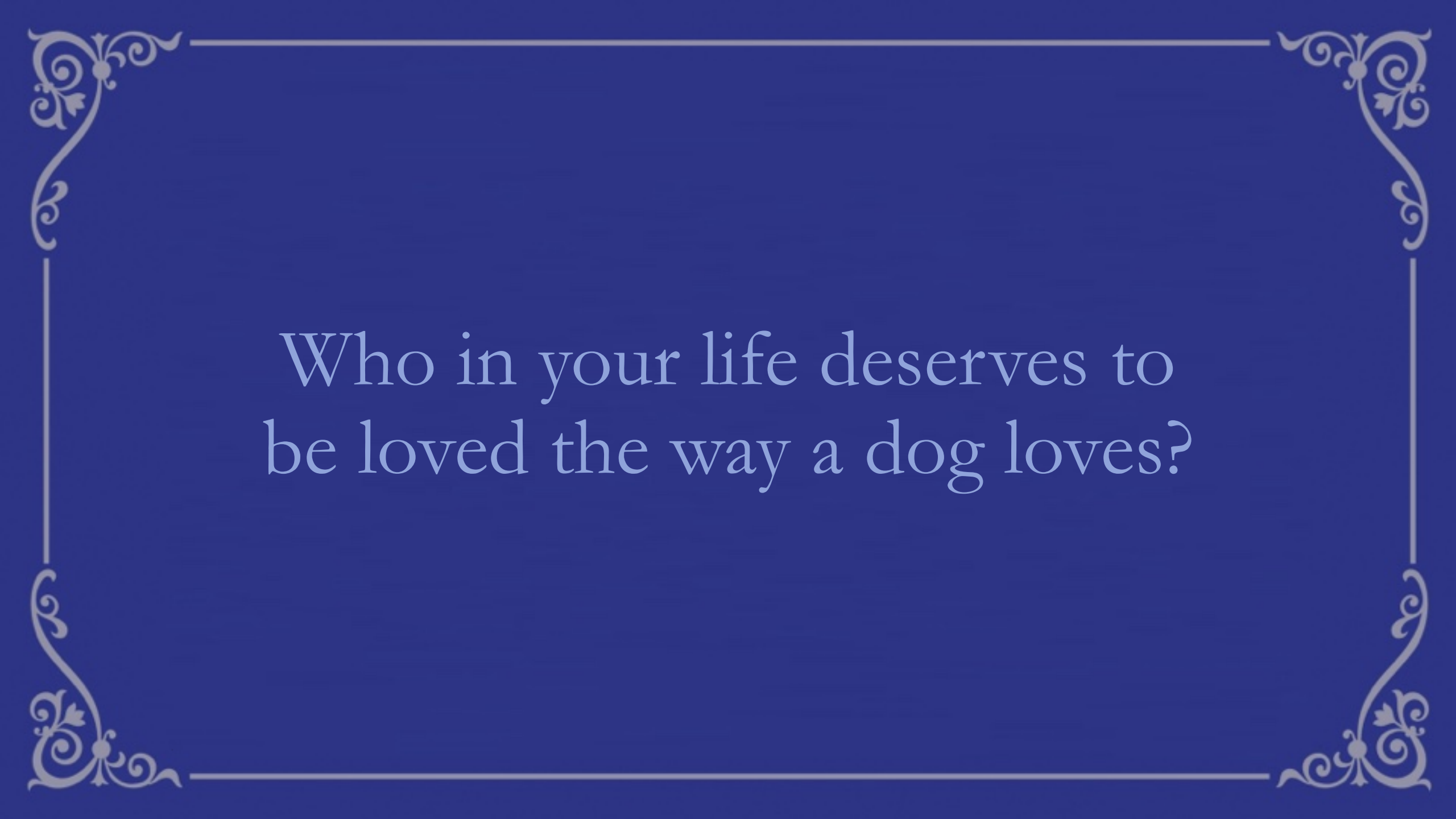
Strategy #3

**Love People Like
Your Dog Loves You**





How would it make you
feel to be loved like that?



Who in your life deserves to
be loved the way a dog loves?

EVERYDAY
LESSONS
Every Day

A Journey From
Grumpy to Grateful

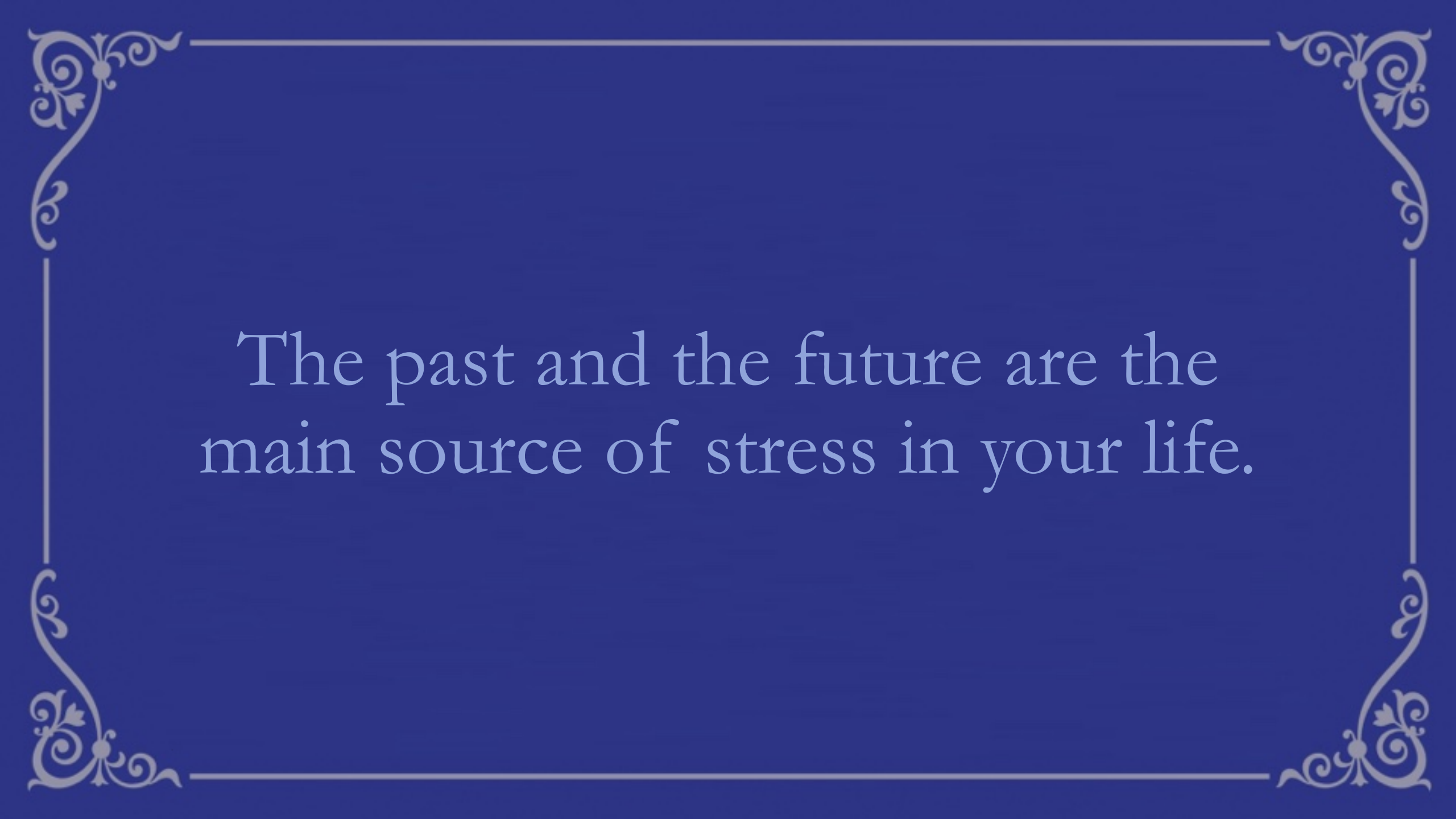
DAVID MCBEE



Let's go back in time.



Let's go forward in time.

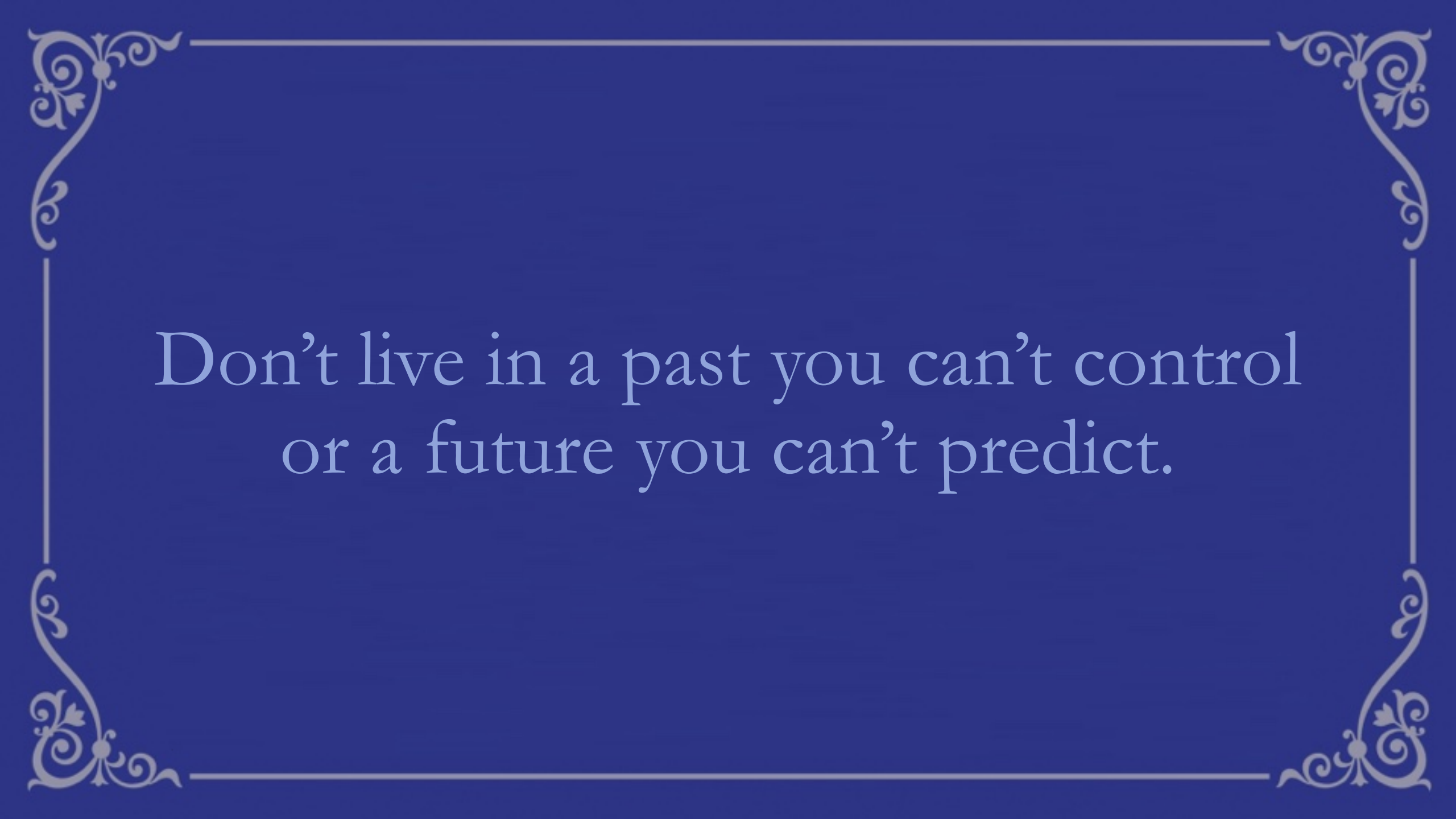


The past and the future are the
main source of stress in your life.

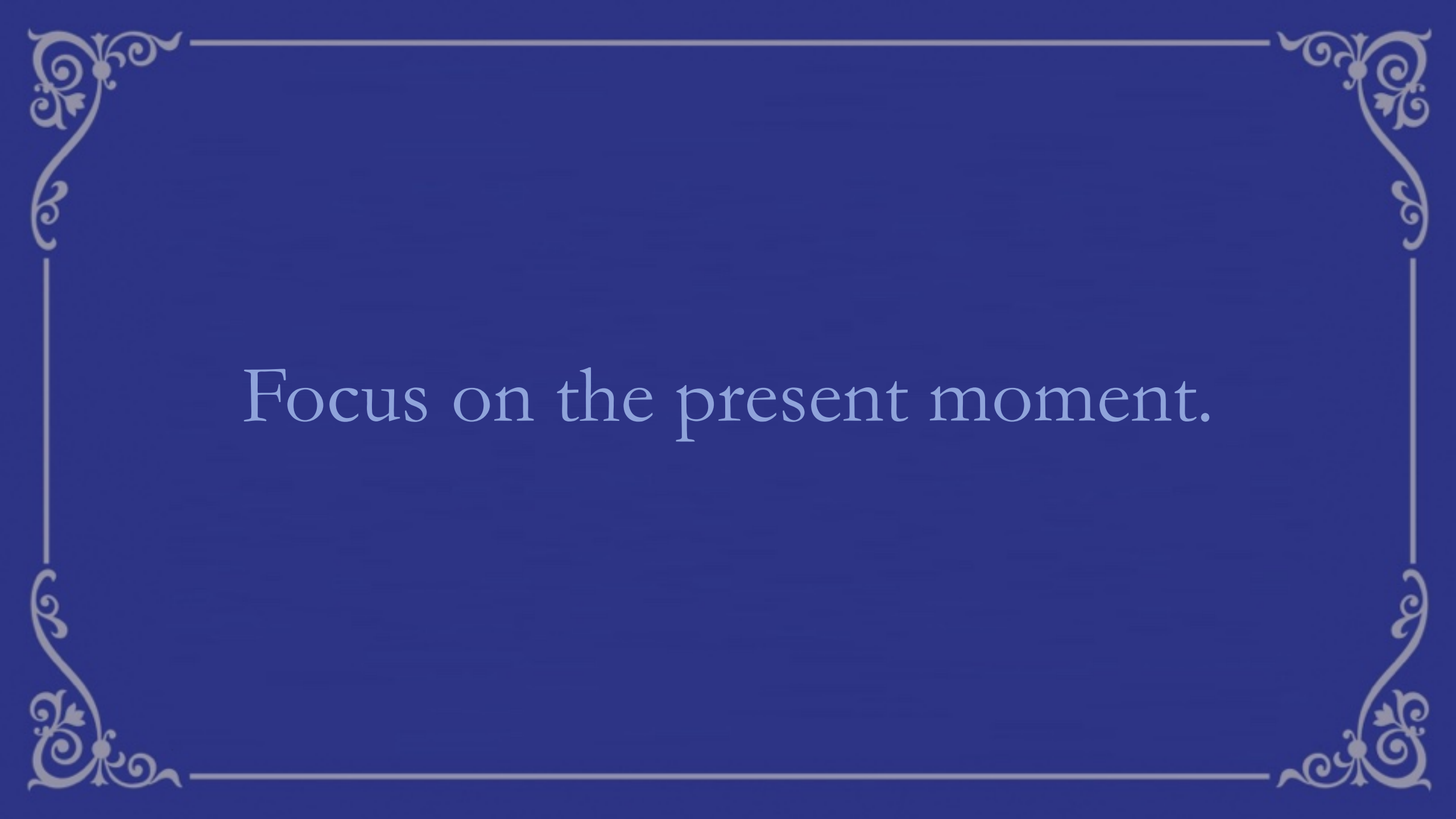
Strategy #4

Live in the Present Moment





Don't live in a past you can't control
or a future you can't predict.



Focus on the present moment.

#1 NEW YORK TIMES BESTSELLER

THE POWER OF **NOW**

A GUIDE TO SPIRITUAL ENLIGHTENMENT

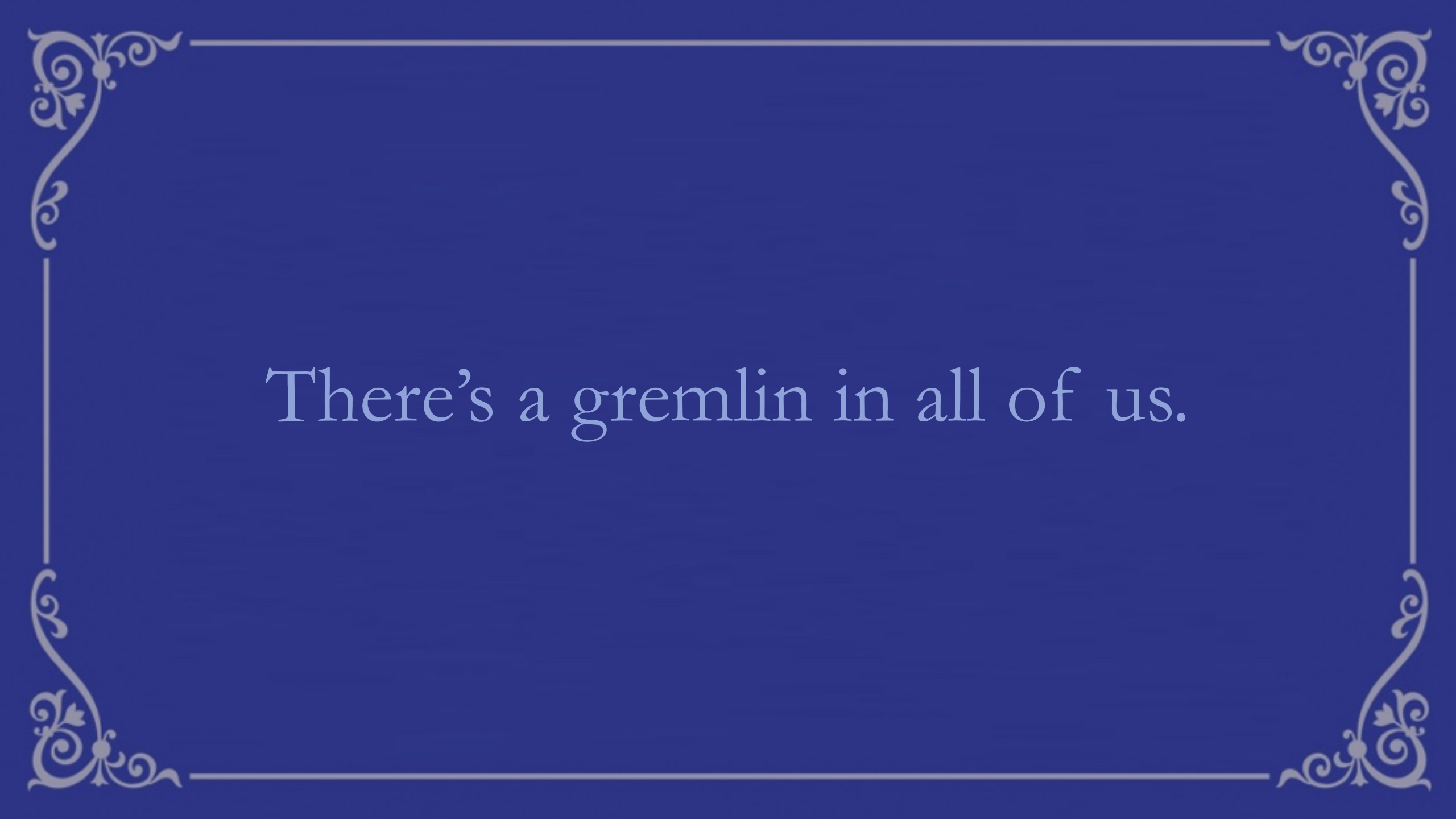
With a New Preface by the Author

OVER
A MILLION
COPIES
SOLD

Eckhart Tolle

"One of the best books to come along in years
Every sentence (filled with insight and poise)".

— Deepak Chopra, Author of The Seven Spiritual Laws of Success



There's a gremlin in all of us.

Strategy #5

Practice Gratitude

{It's a Super Power}



The Gratitude Game





Let's play some more!

5 Strategies for a Happier Life

Don't Sweat the Small Stuff

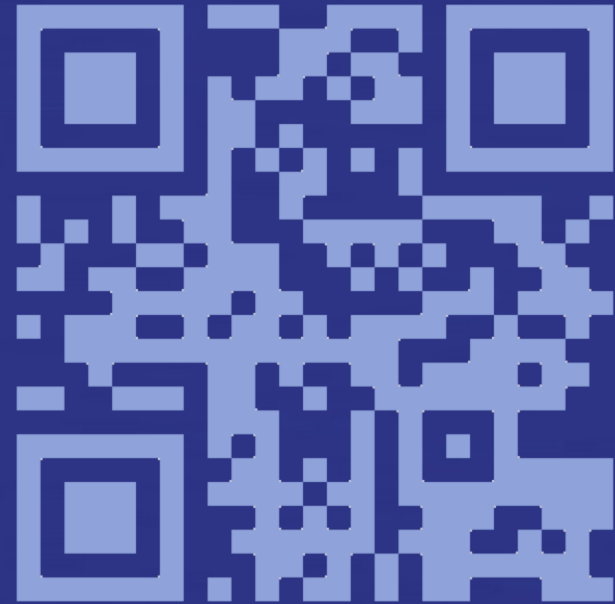
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davidmcbee.com
913.915.4282





Q&A