Stress...we live with it every day. But what if you had the power to make some of that stress vanish? We think of stress as coming at us, but a lot of it actually comes from us. In this seminar we'll help you explore how your perceptions affect your stress level. We'll discuss how to recognize and change negative thought patterns. And you'll learn how to start building more positive ways of thinking.

**Wednesday, November 4, 2020**
2 pm ET / 1 pm CT / 11 am PT

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