5 REASONS TO ATTEND MAKE AMERICA THINK AGAIN

:A Master Class



To Feel Less Stress

Idle minds keep us up at night and prevent peaceful moments.
Mindfulness and critical thinking help reduce mental clutter - leading to peace of mind.



To Reduce Regrets

Often, we say/do things we don't want to out of habit. Critical thinking techniques allow us to interrupt habitual undesirable actions AND create new, desirable ones.



To Heal Division

It's counterintuitive to stay where we aren't wanted. But what if we misjudged the place/idea/person? Asking better questions (of ourselves and others) distinguishes genuine divides from false ones - allowing us to find, understand, and fix real issues.



To Boost Motivation

Children are highly motivated to LIVE largely because they remain connected with the habit of curiosity! When we are thinking well, we naturally want to know more about our world - from things that will enhance our well-being, to things that will get us closer to our dreams.



Thinking doesn't cost you a thing and attending <u>Make</u>

<u>America Think Again :A Master Class</u> will only cost you time.

<u>Learn techniques to reduce mental clutter, identify what</u>

YOU want, and tap into your natural skills of discernment &

curiosity.

Register Now!

Learn more at www.JoiofWisdom.org

Joi of Wisdom Academy : Wellness Through Wisdom