

- Develop skills to change your moods and your reactions.
- Build **rich and rewarding** personal relationships
- Have a positive mental attitude
- **Increase your self esteem**
- Overcome the effects of past negative experiences
- Focus on goals and channel your energy into achieving them
- Perform at your best
- Change unwanted habits
- **Feel confident** in whatever you attempt to do
- Achieve effectiveness and success in all the important areas of your life