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**September 1st 2016: Finding Emotional Independence**

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Emotional independence starts from within. You can learn to embrace and enhance your self-leadership skills and to become the source of your own emotional fulfillment—effectively neutralizing adult co-dependency. Pick your favorite challenge—the one that “bugs” you the most, that holds you back the most—and imagine what your life would be like if you resolved it. Go ahead, Pick One: Fear of Rejections, Fear of Judgement, Lack of Confidence, Poor Performance, Unsuccessful Relationships, Feeling Overwhelmed, Social Anxiety, People Pleaser, Lack of Identity, Depression, Emotionally Unavailable, A

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**Featured Guest**



**Luca Bosurgi**

Author, visionary and inspirational speaker, Luca Bosurgi DHyp, PgDip, MBSCH, C. is the creator of Bosurgi Method™ and founder and CEO of the Mind Fitness Lab Corp.

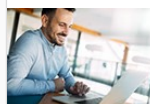
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