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GET THE EDGE: A 7-Day Program To Transform Your Life Day 1 - Your Hour Of Power How to create an extraordinary quality of life by developing an extraordinary psychology. Day 2- Results Workshop How to find out what's really stopping you and how to change it, once and for all. Day 3- Power of Relationships The three elements for creating extraordinary and lasting relationships. The real purpose of relationships - what they are and why we need them. What creates conflicts in any relationship and how to solve them. The first step to making any relationship work - creating a great relationship with yourself. The most important element to making any relationship last in business and in life: selection. The Four Rs: The Intimacy Destruction Pattern. How to unleash your deepest passions to expand the level of fulfillment in your relationship. Day 4- Pure Energy Live!- You will learn: How to achieve and appreciate the abundant health, energy, and vitality that await within. One of the underlying sources of pain and disease. The five steps to breaking the Cycle of Imbalance. How to create a diet and lifestyle that will restore your body to its natural weight and recapture your body's innate energy. Day 5- Power Of Emotions The four ways to deal with your emotions. Why we have emotions - especially the negative ones - and how to use them. The Ten Action Signals - how to make negative emotions work for you. The Ten Emotions of Power - how to cultivate the emotions that create an extraordinary quality of life. Day 6- Financial Freedom- You will learn: The psychology of financial abundance. The power of compounding to create exponential growth. The most important investment decision you can make. The twelve "financial traps" that keep most people from becoming wealthy - how you can avoid them and turn them to your advantage. Day 7- The Purpose Of LifeHow to take conscious control of how you think, feel, and behave.

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