



Food
4
Thought

Nourishment for the
Positive Thinker!

Penny Abshire

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Penny Abshire

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Preface

The quotes and stories that are included in these pages are taken from the first year of Food 4 Thought posts I do each week for *Positive Thinkers UNITE* at www.voiceoveruniverse.com which are offered with love and inspiration to my fellow voice actors.

Not all the quotes are mine, nor are all the stories original. In some cases, I don't know the author's name, but I have performed due diligence in order to give credit where credit is due. These are things that have been sent to me over the years which I have found to be helpful to me, or things I have read along the way. My positive outlook on life is due largely to the wonderful things that have been shared with me by friends, acquaintances, and strangers alike.

This compilation is dedicated as a special thank you to the members of *Positive Thinkers UNITE*.

Penny's Story



In college I studied journalism and theater arts. My dream was a career in the theater. I was also a trained classical pianist and had aspirations of going on tour. But, alas, it was my heart that swayed me from that direction. I fell in love and put homemaking and motherhood ahead of those dreams. Mind you, I have never regretted it! I have been married to the same great guy for 40 years – have two amazing sons, two equally amazing daughters-in-law and three beautiful granddaughters! But as one does, as I grew older I often wondered what "could have been."

As my kids got older, I went back into the work force as a secretary and then later as a paralegal. It was good, steady money, it was safe and I was very good at it. But for the most part, I hated it! For a creative person, that kind of repetitive work is just a slow, lingering death. Please don't misunderstand and think I don't admire those who work as secretaries or paralegals - I certainly do! It just wasn't where I was supposed to be. But because it was "safe" I continued working and justifying to myself that I was doing the responsible thing.

I went to my very first voice over class at the ripe old age of 47. In fact, I went kicking and screaming! I did not want to go and a friend practically had to shove me through the door! Mostly it was because I was afraid of looking foolish or failing. I am so glad I did it anyway! I left that first 3-hour class (taught by James Alburger) KNOWING that voice acting was what I was supposed to be doing with the rest of my life. I can't explain it, I just KNEW. This short introductory class literally changed the direction of my life! It seemed I had been asking God for so many years what my "real" purpose was in life and that night I got my answer.

Then, the "voices" started talking to me. . . "You're too old! What's wrong with you? This isn't the type of career you start when you're almost 50 years old! You idiot! You're going to look ridiculous in class. Everyone there will be younger and more talented than you!" *And on and on and on and on.* It was a continuous flow of negative thoughts. Like most people, those voices in my head were VERY loud and for almost a year, I let them win. My family would ask, "Are you ever going to take those voice classes, mom?" And I would reply, "Oh, yes – definitely. I'm definitely going to take them. . .someday!" One day, my youngest son asked me that question and when I replied with, "Someday . . ." he said, "Mom, admit it – if you weren't scared to do it, you would have already done it!"

Out of the mouths of babes..... Well, he was 22 at the time, but still.....

Anyway, I called Jim that day and signed up for classes. And it was hard to make that call. My "voices" were extremely loud! But because of my son, I finally had the courage to tell them to shut up! I finally found the courage to follow my dreams. One of the

things that got me "off my duff" was this thought - *In 10 years I will be 57. Do I want to look back in 10 years and say, "Darn, I wish I'd done that?" Or do I want to look back and see all I have accomplished in the last 10 years doing what I love?* It was pretty much a no-brainer in my book. But imagine my very conservative husband's face when I announced I was quitting a good paying job with benefits to work as an actor! Fortunately, after 29 years of marriage, he understood me pretty well. But I'm sure at the time he thought I'd lost my mind! Now he can't tell enough people what I do and he brags about me and my accomplishments constantly --- I love that!

That was 11 years ago this year (2009). Today I work full-time as a busy voice actor, director, copywriter and producer. I have written my first book. I am the Executive Producer of the only Voice Convention in the world – VOICE (VoiceOver International Creative Experience) and I have hundreds of students who I now call dear friends! I have traveled all over the world and met some incredible people while teaching. My days are filled with excitement and anticipation - something I never experienced as a secretary! It's something new every day. New projects, new scripts, new techniques, new teachers and best of all - new people! And I work with the nicest guy on the planet - my first teacher and now my partner and best friend, James Alburger.

Yes, the last 11 years have been absolutely wonderful and I believe I'm only getting started. My goal for the next 11 years?

I want to help as many people as I possibly can to realize their dreams!

When 11 more years have passed, I know I will again look back and be excited about what's been accomplished!

So, for any of you out there who think you're too old (or any other excuse you're currently using) to pursue your voice acting career, please don't let your age be an obstacle. Age is only a number. I know I don't feel like I'm 58 even though that's what the calendar says. Actually, I'm darn proud of being my age and to be doing what I'm doing. Sadly, I've seen too many people hold themselves back from accomplishing their dreams because of what other people might think. You just have to say, "To heck with them!" If you have a dream (and it is truly your heart's desire) the ONLY person who can stop you --- is **you**.

You only have one life. Choose to enjoy it doing something you love!

Will you share YOUR story with us?

My best wishes to you all for wonderful, continuing success!

Quotes 4 You

"Flatter me and I may not believe you, criticize me and I may not like you, but encourage me and I'll never forget you."

"How Big Would You Dream
If You Knew You Couldn't Fail?"

"Some people's talents are nowhere as close as yours, but it only takes a second to uplift them...your words will last a lifetime."

"You must do the one thing you think you cannot do."

Eleanor Roosevelt

Here's another quote I love (which is just a different way of saying what Mrs. Roosevelt said)

"If you have a frog to swallow - swallow it fast! Don't think about it too long. And if you have many frogs to swallow - swallow the biggest one first."

Of course, the metaphor is that frogs are "problems or challenges." Since I personally can't stand frogs, it's one that works REALLY well for me. I just tackle the challenge I really dread FIRST and swallow that big ugly *frog*. Then the rest of the day things can only get better! I even have a large stuffed frog in my office to remind me to DO IT RIGHT NOW!

"A candle loses nothing by lighting another candle."

Erin Majors

"There is no passion to be found playing small, in settling for a life that is less than the one you are capable of living" - Nelson Mandela

"Blessed are they who can laugh at themselves for they shall never cease to be amused"!

Author unknown

"People may forget what you say—but they will never forget how you make them feel."

Maya Angelo

"I cannot always control what goes on outside. But I can always control what goes on inside. - Wayne Dyer

"It doesn't matter how deep the water is, as long as you're floating!"

Penny Abshire

The Value of a Smile

written by Dale Carnegie

“It costs nothing but creates much.

It enriches those who receive it, without impoverishing those who give it.

It happens in a flash and the memory of it sometimes lasts forever.

None are so rich they can get along without it, and none so poor, but are richer for its benefits.

It creates happiness in the home, fosters goodwill in a business,
and is the countersign of friends.

It is rest to the weary, daylight to the discouraged, sunshine to the sad,
and nature’s best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen,

for it is something that is no earthly good to anyone till it is given away.

So, if in the hurly-burly bustle of today’s business world, some of the people you meet
could be too tired to give you a smile, so may we ask you to leave one of yours?

For in this world nobody needs a smile so much as those who have none left to give!”

A New Day

The following appears on a placard I have on my front door. I make a point of taking a moment each morning before I leave the house to read it out loud, with meaning. It gives me perspective for the day. I hope it will help you too.

This is the beginning of a new day.

God has given me this day to use as I will.

I can waste it . . . or I can use it for good.

But what I do today is important

Because I am exchanging a day of my life for it.

When tomorrow comes, this day will be gone forever,

Leaving in its place something that I have traded for it.

I want it to be gain, not loss;

Good, not evil;

Love, not hate;

Success not failure;

In order that I shall not regret

The price I have paid for it.

The Law of the Garbage Truck

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a car jumped out of a parking space right in front of us. My taxi driver slammed on his breaks, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean he was really friendly.

So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call 'The Law of the Garbage Truck.'

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so..... 'Love the people who treat you right. Forgive the ones who don't.'

I Don't Think About Richard Nixon Everyday!

Most Americans will agree that former President Richard M. Nixon, is a memorable character. Whether we agreed with his politics or not, most of us who were alive during his administration and resignation in August, 1974, will certainly never forget him.

But do you think about him EVERY DAY? No? I didn't think so.

Here's my point. If I don't think about one of the most infamous people of my lifetime on a daily basis – then what makes me think other people think about ME every day of their lifetime?

We will all do (how can I put this.....) DUMB things on occasion. Unfortunately when we do most of us start beating ourselves up about it. A lot of this negative self-talk is because we mistakenly think others are concentrating on that DUMB thing we did and thinking badly of us – especially if they witnessed the DUMB thing we just did.

For instance, I can tell you for sure they aren't thinking about the fact that you tripped and fell in the grocery store. They are thinking about what another person thought of them when they dropped that can of tomatoes in Aisle 3! Either that or they are consumed with their own thoughts of what to have for dinner, how they will close that big deal tomorrow or remembering to buy gas on the way home. They may have noticed what happened, but it's not taking over their thoughts permanently and chances are really quite good they'll never remember it at all.

Simply put, the only one who thinks about you every day – all day – is YOU.

So the next time you start feeling embarrassed and find yourself thinking everyone is concentrating on your mistake – just remember “Tricky Dick” and how you DON'T think about him every day.

Lessons from a 3-Year-Old

Wow! The things you can learn from a child! When we left for a walk a couple of days ago, I never thought I'd learn one of the most valuable lessons of my life - from my 3-year-old granddaughter!

We ended up in the playground at the elementary school. First I pushed her on the swings, then she climbed on the monkey bars and slid down the slide - the typical playground stuff.

When we were just about to leave, we walked past a rather large circular, yellow plastic contraption. I asked her what she thought it was. Without hesitation she said, "A space ship, Nana" as if it was completely obvious. She climbed inside and started giving orders. "Start the engines, Nana - Let's go to the moon"!

It was at that moment I let my "inner child" come out to play. I said, "Aye Captain! Starting engines! Prepare for warp speed!"

For about 40 minutes I WAS a member of this crew of two and we had wonderful adventures! When we had the treats we had packed earlier, they weren't just string cheese, water and Fruit Loops. No, we flew to Mars for cheese (which we decided was blue), to Saturn for space rings and drank Alturian Ale from our thermos. I fought off space monsters while she "covered" me from the ship. We were in a state of TOTAL pretend and it was wonderful!

When I work with VO students I encourage them to let go and use their imaginations - but I have to tell you that until this lovely autumn day in Scottsbluff, Nebraska I had forgotten what it really feels like to play. It was a total blast! Who knew that at 58 years old I could recapture my ability to imagine a whole new world with my granddaughter at the helm.

If you feel like you've lost some creative spark or you just need a re-charge, I suggest a day at the park with the child of your choice. If you'll try to forget you're an adult, you'll have the time of your life!

I Dreamed I Went to Heaven

I dreamed I went to Heaven and an angel was showing me around. We walked side by side inside a large workroom filled with angels. My angel guide stopped in front of the first section and said, “This is the Receiving Section. Here, all petitions to God said in prayer are received.”

I looked around in this area, and saw it was terribly busy with many angels sorting out petitions written on voluminous paper sheets and scraps from people all over the world.

Then we moved on down a long corridor until we reached the second section.

The angel then said to me, “This is the Packaging and Delivery Section. Here, the graces and blessings the people asked for are processed and delivered to the living persons who asked for them.”

I noticed again how busy it was there. There were many angels working hard at that station, since so many blessings had been requested and were being packaged for delivery to Earth.

Finally at the furthest end of the long corridor we stopped at the door of a very small station. To my great surprise, only one angel was seated there, idly doing nothing.

“This is the Acknowledgment Section,” my angel friend quietly admitted to me. He seemed embarrassed. “How is it that there is no work going on here?” I asked.

“So sad,” the angel sighed. “Of all the people who receive the blessings they asked for, very few send back acknowledgments.”

“How does one acknowledge God's blessings?” I asked.

“Simple,” the angel answered. Just say, “Thank you, Lord.”

“What blessings should I acknowledge?” I asked.

“If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep, you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish, you are among the top 8% of the worlds wealthy.

And if you get this on your own computer, you are part of the 1% in the world who has that opportunity.

If you woke up this morning with more health than illness, you are more blessed than the many who will not even survive this day.

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If you have never experienced the fear of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation, you're ahead of 700 million people in the world.

If you can attend a church without the fear of harassment, arrest, torture or death you are envied by, and more blessed than, three billion people in the world.

If your parents are still alive and still married ...you are very rare. If you are still married, you are even more rare.

If you can hold your head up and smile, you are not the norm, you're unique to all those in doubt and despair.”

“Ok,” I said, “What now? How can I start? “

If you can read this message, you just received a double blessing in that I was thinking of you as a very special friend and you are more blessed than over two billion people in the world who cannot read at all.

10 Ways to Get Going!

NEWS FLASH!

Your happiness and success can be determined by the way you think!

Here are 10 ways to help you get going!

#1 Choose to be positive. Optimism is a choice. Make a commitment every day to be positive. If you can choose the uplifting side of life – why wouldn't you?

#2 Use empowering self-talk by using words like “How can I”, “It's possible”, “It can be done” instead of “Why me?”, “Not again” or “This always happens to me!”

#3 Exercise daily. Choose something you like and stick to it! Your body AND mind will thank you for it!

#4 Surround yourself with positive people and get the negative ones out of your life (or at least at a distance)!

#5 Find balance in your life. Limit your news intake each day. Stay informed by focusing on positive news. Read at least one inspirational story or quote each day.

#6 Focus on your posture. When you stand, walk or sit with good posture, you'll not only feel and look better, but you will also radiate self-confidence.

#7 Setback are NOT forever. Keep the larger picture in perspective and remember that situations change constantly.

#8 Don't personalize problems. Events will happen that are outside your control – try not to internalize them.

#9 You can only control YOURSELF. You cannot control what other people do or say, but you can control how you react to any given situation.

#10 Think positively and expect positive outcomes! Your ultimate success and happiness in life will not be determined by the setbacks you encounter, but by the setbacks you overcome, learn from, and continue onward.

Random Acts of Kindness

Those words have such a beautiful ring to them. A part of the beauty is undoubtedly the turnaround from that ugliest and most frightening of all phrases: random acts of violence. We all know of, or at least we know the deep personal fear of, random acts of violence. It's so easy to fear. It's so easy to create an almost palpable reality out of our imagined terror. Random acts of kindness ring pure and true as an antidote to fear.

Kindness is at the heart of our belief that people are basically good. It is our natural condition, our instinctual impulse, to lend a hand. And every hand we extend, every act of kindness we commit, sends a ripple out into the world that is magnified by every life it touches. Fear, and its real-world manifestation – violence – are stark and dramatic. It can temporarily consume, take over, and crowd out everything else.

Kindness is soft and subtle. It permeates everything it comes into contact with, remains as a permanent reminder of what we could and should be. And kindness feels good.

Here are just a few Random Acts of Kindness to try:

- Write a card thanking a service person for his or her care and leave it with your tip. Be sure to include a very specific acknowledgment: “I appreciate the careful way you cleaned my room without disturbing my things”; “Your smile as you served me dinner really made my day.”
- For one week, act on every single thought of generosity that arises spontaneously in your heart and notice what happens as a consequence.
- Offer kind words of encouragement to someone who is new to voiceacting.
- Give up your space in the grocery store line to someone with only a couple of items to buy.
- Call your mother – for no particular reason. Moms love this one!
- Put your elderly neighbor's newspaper on their porch when you pick up yours
- SMILE at everyone! You'll be amazed how many smile back.

You'll come up with lots more on your own when you take the time to think of them!

My sweet mother always taught me that when I was feeling down, or discouraged, or lonely, or depressed – the best thing I could do was to go out and do something nice for someone else and I would feel better. The only rule was that it had to be anonymous. And I can tell you that she was absolutely right. It works every, single time. And it keep me thinking positively!

My Happy File

I began a tradition many years ago that has gotten through some rough patches in my life. I'd like to share it with you. It's called my "Happy File."

I collect things that make me happy such as:

A birthday card or thank you note really touches me

A heartfelt note from a friend

A nice performance review or testimonial from a client

A crazy picture of something that makes me grin – say a kitten wearing sun glasses

A drawing from one of my granddaughters (after its life on my refrigerator door, of course)

A particularly touching email (yes, even if it's the forwarded kind)

A really nice evaluation of a speech I've given in Toastmasters

A funny picture of my family or a pet that helps me remember a special memory

A picture of a beautiful forest or seascape

You get the idea. . . I keep the things that make me "happy" when I look at them. I stash them in a file folder and when I'm having one of *those* days, I simply pull it out and look through it. It's a wonderful antidote for a dark mood.

Give it a try – let me know if it works for you too.

What are you grateful for?

Ah, it's Thanksgiving time in the U.S. It's the time we reflect on the blessings in our lives and show thanks for them. We all have SO many things to be grateful for.

With that in mind, this Food 4 Thought is a request from your trusty group leader.

Will you please take a moment and share with us just one or two things that you will show your gratitude for on this special day? And for those of you who are not in the U.S. and don't celebrate our Thanksgiving – please share your thankfulness with us anyway. We'd love to hear from you too.

I'll go first.

1. I am thankful I live in a country that allows me to pursue whatever career I choose. Even though we are going through hard economic times right now, I still wouldn't trade my homeland for any other on earth.

2. I am also especially thankful for this community of voice actors, for your big hearts, and for the help and encouragement you share with me and all the members of our family.

Now it's your turn. What are you thankful for today?

Let's take a short quiz

1. Name five of the wealthiest people in the world.
2. Name all the winners of American Idol.
3. Name the last five Super Bowl winners.
4. Name five people who have won the Nobel or Pulitzer Prize.
5. Name three Academy Award winners for best actor and actress.
6. Name the movies names Best Picture for the last 5 years.

How did you do?

The point is, none of us remember the headliners of yesterday and these were no second-rate achievers! They were the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Let's try again - See how you do on this one

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special
5. Think of five people you enjoy spending time with.
6. Name half a dozen heroes whose stories have inspired you.

Was that easier?

The lesson: The people who make a real difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones who truly care about you and make time for you. Take a moment or two during this holiday season to thank them.

My Constant Companion

A friend sent this to me recently and I want to share it with you, my positive thinking friends, because I know you can appreciate the message.

*I am your constant companion.
I am your greatest asset or heaviest burden.
I will push you up to success or down to disappointment.
I am at your command.
Half the things you do might just as well be turned over to me,
For I can do them quickly, correctly, and profitably.
I am easily managed, just be firm with me.
Those who are great, I have made great.
Those who are failures, I have made failures.
I am not a machine, though I work with the precision of a
machine and the intelligence of a person.
You can run me for profit, or you can run me for ruin.
Show me how you want it done. Educate me. Train me.
Lead me. Reward me.
And I will then...do it automatically.
I am your servant.
Who am I?
I am a habit.*

As we once again approach a time of New Year's Resolutions, many of us will be trying to break old habits and create new ones.

Breaking bad habits (as well as creating new ones) will be difficult! The physical and mental pain can be grueling, whether you're trying to exercise more, smoke less, drink less, eat healthier, or work less...it's never easy.

But the benefits to your health and to your attitude can be priceless. Breaking a habit starts with courage, ends with discipline, and is fueled by desire

The author of the above is unknown, but the words are right on target. If you make good habits, they in turn will make you. But like the weeds in the garden, bad habits can take over your life. Make a decision today to get rid of those weeds this year.

212°...The Extra Degree

The following is a short article by Mac Anderson, the founder of Simple Truths. He wrote this with leadership in mind, but when I read it, it screamed SELF motivation to me. Hope you like it!

The 212° concept is one of the most powerful communication concepts that I've ever experienced.

At 211 degrees...water is hot.
At 212 degrees...it boils.
And with boiling water, comes steam.
And steam can power a locomotive.
And, it's that one extra degree that...
Makes all the difference.

And, of course, so many times, in business and in life, it's that one extra degree of effort that separates the good from the great.

What I love about the 212° idea is that you can use it to fit your own needs. It may be 212° of marketing efforts that you'd like to reinforce, or 212° of attitude, leadership, or performance quality. Or maybe, you'll choose to build your entire business around the 212° concept...to differentiate you from your competition.

However, what makes the 212° concept #1 in my mind is this: It's very simple, but more importantly, it's very MEMORABLE!

Instead of giving your usual 110% percent today as you work your VO business – why not try the 212°... concept?

An Excerpt from *Charging The Human Battery* by Mac Anderson

Think about this. One choice, just one, can change your life forever. Simply put, your life today is what your choices have made it, but with new choices, you can change directions this very moment. For me, that idea alone is highly motivational because it offers tremendous hope, regardless of circumstances, for a better tomorrow.

Your life-changing choice may be to switch careers, to leave an abusive relationship, to go back to school, to stop drinking, to adopt a child, to start a business, to lose weight, to start a charity...to name a few. If you have the courage to do so, you could make any one of those choices, or others, today. And you could change your life.

Sometimes it's a different kind of choice. It can be to not quit, to not give up in the face of adversity. We've all been there.

Jack Canfield and Mark Victor Hansen received 77 rejections for their idea *Chicken Soup for the Soul*. They had to make a decision each time...should they throw in the towel and say enough is enough, or should they keep trying to pursue their dreams? You know the rest of the story. The 78th publisher said "Yes" and they went on to sell over 100 million books.

So never forget that you are only one choice away from changing your life. **Do you have the courage to make it?**

If I hadn't made the choice to take that first, 3 hour, "Introduction to Voiceover" class 12 years ago, I certainly wouldn't be where I am today. And it's a little scary to think about it, actually.

Do you have a story you'd like to share with us about a life-changing decision in your life?

3 Major Life Decisions

The other night I was watching an episode of *House* and heard some wisdom I'd like to share with you. That show has amazing writers, but this one phrase really hit home with me.

"It's said that a person makes three major decisions during his life that determine the direction of his life. Shouldn't those decisions be yours?"

It sure made me think. What decisions have I made that have influenced the way my life is going? I personally think there are many more than 3, but when I look back, there have been some really good ones (like making the decision to marry my husband 40 years ago, becoming a mother and taking my first VO class.) All of those decisions have definitely determined the direction of my life. There have also been a few really bad decisions.

Looking back, I can see that even my bad decisions have shaped my life and lead me to where I am today. And I like where I am today. Without those unwise choices, that were very painful at the time, I wouldn't be the strong woman I am today. Those unwise choices gave me the experience to be able to help others who might be going down the same road – and to understand their pain. It also helps me know that no matter what I am going through at the moment, there's a reason for it. Call it wisdom or just life experience, but it makes my life easier.

I think of my life like a big quilt with lots and lots of squares. Each square represents an important part. Some squares are beautiful and vibrant – some are dingy, dirty and frayed, some are unremarkable and rather dull. But without ALL the squares, it would be incomplete – just as my life would be lacking without both the good and the bad – a song without all the words, a recipe missing all the ingredients.

I'd encourage you to try and embrace all the facets of your life and view them as necessary steps along your path. It's so much easier than living with regret.

Learning to Dance in the Rain

This is an excerpt from *Learning Dance in the Rain*
by Mac Anderson, founder of Simple Truths

My keynote presentation for the Kentucky Association of School Administrators was scheduled for 7:00 PM, but I had been invited to show up at 6:00 to see a performance they said I'd enjoy. Little did I know that I was about to see something I would never forget.

They introduced the young musician. Welcome...Mr. Patrick Henry Hughes. He was rolled onto the stage in his wheelchair, and began to play the piano. His fingers danced across the keys as he made beautiful music.

He then began to sing as he played, and it was even more beautiful. For some reason, however, I knew that I was seeing something special. There was this aura about him that I really can't explain and the smile...his smile was magic!

About ten minutes into Patrick's performance, someone came on the stage and said..."I'd like to share a 7-minute video titled, The Patrick Henry Hughes story." And the lights went dim.

Patrick Henry Hughes was born with no eyes, and a tightening of the joints which left him crippled for life. However, as a child, he was fitted with artificial eyes and placed in a wheelchair. Before his first birthday, he discovered the piano. His mom said, "I could hit any note on the piano, and within one or two tries, he'd get it." By his second birthday, he was playing requests (You Are My Sunshine, Twinkle, Twinkle, Little Star). His father was ecstatic. "We might not play baseball, but we can play music together."

Today, Patrick is a junior at the University of Louisville. His father attends classes with him and he's made nearly all A's, with the exception of 3 B's He's also a part of the 214 member marching band. You read it right...the marching band! He's a blind, wheelchair-bound trumpet player; and he and his father do it together. They attend all the band practices and the half-time performance in front of thousands. His father rolls and rotates his son around the field to the cheers of Patrick's fans. In order to attend Patrick's classes and every band practice, his father works the graveyard shift at UPS. Patrick said..."My dad's my hero."

But even more than his unbelievable musical talent, it was Patrick's "attitude of gratitude" that touched my soul. On stage, between songs, he would talk to the audience about his life and about how blessed he was. He said, "God made me blind and unable to walk. BIG DEAL! He gave me the ability...the musical gifts I have...the great opportunity to meet new people."

When his performance was over, Patrick and his father were on the stage together. The crowd rose to their feet and cheered for over five minutes. It gave me giant goose bumps!

My life was ready to meet Patrick Henry Hughes. I needed a hero, and I found one for the ages. If I live to be a hundred, I'll never forget that night, that smile, that music, but most importantly, that wonderful "attitude of gratitude."

I returned to Chicago and shared Patrick's story with my wife, my friends, and our team at Simple Truths. About two weeks later, I received a letter from a friend. He said, "Mac, I don't know who said it, but I think you'll love this quote."

"Life is not about waiting for the storms to pass...
it's about learning how to dance in the rain!"

I thought...that's it! We all face adversity in our life. However, it's not the adversity, but how we react to it that will determine the joy and happiness in our life. During tough times, do we spend too much time feeling sorry for ourselves, or, can we, with gratitude...learn how to dance in the rain?

It almost sounds too simple to feel important, but one word...gratitude, can change your attitude, thus, your life, forever.

A Positive Affirmation

Here's a little prayer/positive affirmation I think you'll find inspiring as you pass through this week of your life.

I am SO grateful to have all of you in my life! Thanks for being such a wonderful positive and generous group of friends!

May today there be peace within.

May you trust that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith in yourself and others.

May you use the gifts that you have received, and pass on the love that has been given to you.

May you be content with yourself just the way you are. Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.

Dreamers vs. Doubters

I've always been a firm believer in not listening to those negative voices in my head. This short story uses that concept in a slightly different way to make a very good point.

There are many different aspects that live inside of us and two of them I respectfully dubbed the Dreamer and Doubter. When it comes to pursuing our dreams, The Dreamer is often gung ho while the Doubter can provide a laundry list of concerns and issues.

After a speech in Rome, a woman with a beautiful accent asked me to tell her one of my personal dreams. Assuming I'd never see her again, I decided to share a dream I had never spoken out loud, one I had kept such a good secret that even I was beginning to forget it.

"My dream is to spend the summer writing in the Greek Islands," I said all in one breath.

She handed me her card and replied, "I have a villa in Greece. Why don't you come as my guest?"

I was floored and reminded that amazing things happen when we share our dreams. I was elated, or more accurately, part of me was. Here's a peek inside my head. See if this kind of interchange sounds familiar.

Dreamer: I am so excited!

Doubter: Not me. I don't like this at all. It's far away and could be dangerous.

Dreamer: Nonsense! This is my dream handed to me on a silver platter.

Doubter/Realist (they're close cousins): Who is going to run your business while you're away?

Dreamer: My fabulous team whom I completely trust.

Doubter: Well, how's it going to look to your clients that you are out of the country for three months?

Dreamer: I think as a Dream Coach, it's going to look pretty good.

When you are stuck, procrastinating or worrying, chances are your Doubter has taken over. If ignored, it can sabotage your dreams. So how do you deal with it? Turn the volume down a notch and the Doubter simply becomes the Realist, the part that wants to know where the time and money will come from for your venture.

But before you turn down the Doubter, hear from it. It will give you valuable information such as a list of obstacles that you can manage later. Freedom comes as you appreciate its wisdom and insight rather than judging it as the enemy.

If you never deal with your doubt and you meet another Doubter on the road, their doubt will magnify yours. However, if you have worked with your own doubt, next time a Doubter challenges you, by contrast it will be the opportunity to deepen your commitment and conviction to your dream.

This is one of 28 chapters in Marcia Wieder's book, ***Dreams Are Whispers From The Soul***. Marci is Founder of Dream University with over twenty years coaching, training and speaking experience. Marcia has appeared on Oprah, The Today Show, in her own PBS-TV special and is past president of the National Association of Women Business Owners.

I Need a Vacation!

I have a question for you. . .

How many of you are you ready for a vacation?

Wow! That many!

Me too. Everyone wants to get away sometimes and just sit on a beach somewhere – tropical drink in hand, enjoying the sunshine, leaving the stress of everyday life behind for a while.

But the reality is we can't all go on vacation – at least to that beach.

Here's my suggestion for a way to get away without leaving home.

If you watched the news this morning or listened to the radio or read a newspaper. . . tell me, was there any GOOD news? Or was there just one story after another, after another about the plummeting stock market, the progressively sick economy, the unemployment rate, increasingly horrible crimes and yet another politician being caught with his hands in the cookie jar?

It seems to me it's that way every single day! So, I have decided to take a "Media Vacation" just for the next couple of weeks. I don't watch or listen to the news, I don't read the paper and I rarely discuss what's happening in the world with others.

Now, I'm not suggesting that we all stick our heads in the sand and pretend the world doesn't have some serious problems. Because it certainly does. I'm only suggesting a personal vacation away from the stress of hearing about it from every direction 24/7/365.

I've tried it before and have found I'm not really missing out on anything. If there is something really important I need to know about, I'll hear about it. But not hearing about all the miscellaneous drama and pain in the world every day, has given me a lot of peace.

If you find yourself feeling a bit overwhelmed by events over which you have very little control – I suggest a short vacation. I think you'll find it quite refreshing!

Weather Report

by BJ Gallagher

*"Any day I'm vertical
is a good day"*

...that's what I always say.

*If you ask me,
"How are you?"
I'll answer, "GREAT!"
because in saying so,
I make it so.*

*When Life gives me dark clouds and rain,
I appreciate the moisture
that brings a soft curl to my hair.*

*When Life gives me sunshine,
I gratefully turn my face up
to feel its warmth on my cheeks.*

*When Life brings fog,
I hug my sweater around me
and give thanks for the cool shroud of mystery
that makes the familiar seem different and intriguing.*

*When Life brings snow,
I dash outside to catch the first flakes on my tongue,
relishing the icy miracle that is a snowflake.*

*Life's events and experiences
are like the weather -
they come and go,
no matter what my preference.*

*So, what the heck?!
I might as well decide to enjoy them.
For indeed,
there IS a time for every purpose
under Heaven.
And each season brings its own unique blessings.*

Procrastination is a Crime

"The journey of a thousand miles begins with the first step."

~Chinese Proverb

True...but that pesky first step can be a killer, can't it?

I love Will Rogers' quote, *"Even if you're on the right track, you'll get run over if you just sit there."*

So many times we have great intentions. We're going to read a good book, write out our 5-year life plan, take a new VO class, lose weight. But for some reason, we can't quite get around to taking that first step.

We're all guilty of procrastinating. But here's the thing. Procrastinating when something is important, when it's something you know you should do, can drain your energy and you won't even know it's happening.

"Procrastination is attitude's natural assassin. There's nothing so fatiguing as an uncompleted task."

This quote by William James is worth its weight in gold. There are times when I have difficulty setting aside blocks of time to read. I know I should be doing it. In fact, I even love doing it (once I get started), but...here we go...back to that pesky first step.

One of my biggest procrastinations is going out for my morning walk. I know I will feel wonderful if I do it, but there are days I seriously don't want to drag my #@%& out of bed! If I don't go, then I spend the rest of the day beating myself up because I **didn't**. Talk about counter-productive behavior!!

Here's my favorite little quote about procrastination;

Procrastination is a crime
Which only leads to sorrow.

I can stop at any time
I think I will. . .

TOMORROW.

Tell you what, folks. I'll make a point of doing *it* TODAY, if you will! Are you up to the challenge?

The Dash

I just came across this lovely video entitled, The Dash. I hope you'll enjoy its powerful message. Click [HERE](#) to watch.

You are all an important part of my "dash" and I appreciate you all SO much!

I hope you're having a wonderful week!

Instant Weight Loss

This week's **Food 4 Thought** deals with an issue I've had to deal with several times in my life.

Our emotions are powerful motivators, and more than almost anything else in our lives they will drive our behavior. Sometimes our greatest challenge is to get inside our own heads to understand what makes us tick. Why do we feel and behave the way we do?

It's important for us to know how we react in given certain situations in order to grow and learn from our behaviors.

There have been a few times in my life that I've been greatly wronged and taken advantage of. My first reaction, of course, was anger and resentment. I held it for awhile and felt my stomach tie up in knots, my appetite wane, and the joy slip out of my life. But somewhere in my head was the thought, "I am right and I won't give in! They hurt me and I will never forgive them for it!"

William Ward identified the cure when he said, *"Forgiveness is the key that unlocks the handcuffs of hate."*

Those are powerful words, and I know from personal experience...forgiveness works. It was a monumental day when I recognized that my harboring of hate and resentment towards another only hurt me in the long run – it certainly wasn't hurting them – they were no longer in my life!

The quote from Ward provided the wake-up call I needed to forgive the person who had wronged me. It was like I had been taking my 2 mile daily walk in three-pound steel shoes. Half way through the walk, a kind stranger came up to me and said, "Penny, try these new Nikes for the next mile." Multiply that by ten and you'll understand how great it feels to unload your "emotional baggage" through the power of forgiveness.

Life is too short to stay angry...even for a day. If you've been carrying around this kind of emotional baggage, give forgiveness a try. No, it's not easy, but you just might find that everything in your life and your business improves.

It's the best "weight loss" program I know of.

Just Keeping Afloat!



It doesn't matter how deep the water is – as long as I'm floating.

Penny Abshire

Most of my life I've had a terrible fear of deep water. Even though I was in the swimming pool every day, every summer, when I was a kid, floating in the deep end always terrified me. As I grew older, I realized that it's not a fear of water but fear of the unknown that terrifies me. In deep water I can't see to the bottom and so I imagine all kinds of horrible, slimy, tentacled *things* just waiting to grab my dangling legs!

However, somewhere along the line I realized that (metaphorically speaking) no matter how deep the water is, as long as I'm floating, I'm OK. My head is still above water – I can still breathe and there's hope for rescue. I think of this often when I'm feeling overwhelmed.

For instance, if I haven't landed a VO job for a while and my mind begins to feel as though I'm adrift in a sea of self-doubts, I hold tight to my life preserver of healthy self-esteem and remind myself that I still have a great voice, decent acting abilities, a beautiful studio to work in and lots of future work right around the corner. It's like knowing the land is there, even if I can't see it through the waves. I still have my head above water and I know the current will take me toward my goals on the shore.

Or say I'm absolutely slammed with work and I can't see how I will possibly get it all done. I think about floating in that sea of work and first remind myself of how grateful I am to have the work and then that I am a capable person who will always come through in the end. I may be paddling like crazy – **but I'm still afloat!**

Just something for you to think about today, kids: What kind of "life jacket" do you have? What keeps you floating when the waves are getting rough and high?

Never Judge a Book by its Cover!

This story has been all over the news, so you may have seen it. But, if you haven't, please take a few minutes and view it. This is a wonderful example of following one's dreams - never giving up - and not letting the opinions of others get in the way of your dream. It's also a wonderful example of "not judging a book by its cover."

I can't stop weeping. Not because Susan Boyle's performance is sad. Because it is one of the most inspirational things I've seen in a very long time! And the fact that Susan followed her dream at the age of 47 has special meaning to me as well.

On YouTube, the lyrics were provided and I've included them here.

*I dreamed a dream in time gone by
When hope was high,
And life worth living
I dreamed that love would never die
I dreamed that God would be forgiving.*

*Then I was young and unafraid
When dreams were made and used,
And wasted
There was no ransom to be paid
No song unsung,
No wine un-tasted.*

*But the tigers come at night
With their voices soft as thunder
As they tear your hopes apart
As they turn your dreams to shame.*

*And still I dream he'll come to me
And we will live our lives together
But there are dreams that cannot be
And there are storms
We cannot weather...*

*I had a dream my life would be
So different from this hell I'm living
So different now from what it seems
Now life has killed
The dream I dreamed.*

Click [HERE](#) to view the video. Enjoy - my friends!

If I Was Any Better, I'd be Twins!

Michael is the kind of guy you love to hate. He is always in a good mood and always has something positive to say.

When someone would ask him how he was doing, would reply, "If I were any better, I would be twins!" He was a natural motivator. If an employee was having a bad day, Michael was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Michael and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Michael replied, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood.

Each time something bad happens, I can choose to be a victim or...I can choose to learn from it. I choose to learn from it.

Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life.

"Yeah, right, it's not that easy," I protested. "Yes, it is," Michael said. "Life is all about choices. When you cut away all the junk, every situation is a choice.

You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: **It's your choice how you live your life.**"

I reflected on what Michael said. Soon thereafter, I left the communication tower industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Michael was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, Michael was released from the hospital with rods placed in his back. I saw Michael about six months after the accident. When I asked him how he was, he replied. "If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place. He replied, "The first thing that went through my mind was the well-being of my soon to be born daughter. Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or...I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked.

Michael continued, "...the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expression on the faces of the doctors and nurses, I got really scared. In their eyes, I read "He's a dead man. I knew I needed to take action."

"What did you do?" I asked. "Well, there was a big burly nurse shouting questions at me," said Michael. "She asked if I was allergic to anything. "Yes, I replied." The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, "Gravity." Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead."

Michael lived, thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully.

Attitude, after all, is everything. Don't worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. After all... today is the tomorrow you worried about yesterday.

21 Suggested Rules to Live By

ONE. Give people more than they expect and do it cheerfully.

TWO. Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

THREE. Don't believe all you hear, spend all you have or sleep all you want.

FOUR. When you say, 'I love you,' mean it.

FIVE. When you say, 'I'm sorry,' look the person in the eye.

SIX. Be engaged at least six months before you get married.

SEVEN. Believe in love at first sight.

EIGHT. Never laugh at anyone's dreams. People who don't have dreams don't have much.

NINE. Love deeply and passionately. You might get hurt but it's the only way to live life completely.

TEN. In disagreements, fight fairly. No name calling.

ELEVEN. Don't judge people by their looks.

TWELVE. Talk slowly but think quickly.

THIRTEEN. When someone asks you a question you don't want to answer, smile and ask, 'Why do you want to know?'

FOURTEEN. Remember that great love and great achievements involve great risk.

FIFTEEN. Say 'bless you' when you hear someone sneeze.

SIXTEEN. When you lose, don't lose the lesson.

SEVENTEEN. Remember the three R's: Respect for self; Respect for others; and Responsibility for all your actions.

EIGHTEEN. Don't let a little dispute injure a great friendship.

NINETEEN. When you realize you've made a mistake, take immediate steps to correct it.

TWENTY. Smile when picking up the phone. The caller will hear it in your voice.

TWENTY- ONE. Spend some time alone.

DO NOT MEDDLE IN THE
AFFAIRS OF DRAGONS



FOR YOU ARE CRUNCHY . . .
AND TASTE GOOD
WITH KETCHUP

“Those who dance are considered insane by those who cannot hear the music”

George Carlin ~Comedian/Actor



Have any of you ever wondered why it is that no one seems to really understand your passion for performing? That it *drives* you – that it’s almost as important as air and food? At times, has it been a source of frustration for you? At its worst, has it kept you from performing?

I’ve always been certain my family and friends think I am “off my nut.” I’m sure I’m the one they refer to as a little *odd*. They love me, but they don’t necessarily understand me. For the longest time I resented it. Couldn’t they understand I wasn’t crazy just because I liked to pretend? Just because I orchestrated full 3-act plays in my backyard at the age of 8? Just because I liked to make up stories and characters and speak in silly voices? Something had to be wrong with them! Didn’t they understand this is just what I do?

When I first saw Mr. Carlin’s quote it finally began to make sense to me...it wasn’t my family’s fault they thought I was strange! They just couldn’t hear my music – the music I heard every day of my life – the music that made me a performer! Of course they thought me slight crazy! And *viola*...it was suddenly very clear – I didn’t understand why they were different from me because I couldn’t hear their music!

It’s just part of being human beings that makes us overly concerned with the opinions of others and it can often stop us from following our dreams. In fact, it can stop us dead in our tracks! If this has been the case with you, and you desperately want to perform, you have to find a way to get over it!. While it’s true we perform to entertain others, the greatest drive to perform comes from inside us. We would do it even if we never got paid. It’s who we are – it’s what we do!

You know it’s true, don’t you?

One of the best ways to follow your dreams is to hang out with those who are dancing to the same music you are. Don’t go to your family or friends (who are not performers) to ask for validation or acceptance for what you’re doing. You won’t get it and it’s unfair to them. Remember....they can’t understand. Find a group of other voice actors and talk to them. Play your demos for them, ask them questions, brainstorm.... You’ll have much better success, get greater feedback and ultimately be a much happier actor.

If you have allowed the melody of others to drown out your own, it’s time to walk out onto the dance floor, lift your head high and dance to the music your heart is singing. You’ve been given these talents and abilities for a reason. What a terrible shame it will be if you don’t let them shine!

How big would you dream if you knew you couldn’t fail? Dream BIG! Good luck to you!

Every Monday Matters

Last week's Food 4 Thought was about taking a "*Media Vacation*" - staying away from the news of the world for a short while.

I suggested that you don't have to hear about all the ills of the world EVERY MINUTE OF EVERY DAY.

But this week, I'm giving you a short video that shows you some ways you can make little differences in the world that mean a lot. The doing of little things can help you feel a bit more in control of the circumstances that surround us - and can possibly change your lives and the lives of others for the better. We are all so blessed - perhaps it's time to spread those blessings around a bit. Just a thought.

I hope you enjoy it! [CLICK HERE TO WATCH](#) courtesy of Mac Anderson, author of Simple Truths.

The Gift of Appreciation

I appreciate all of you and your willingness and joy in helping others in our group. So many of you have shared your stories - some are happy - some are sad - some are stories of beating the odds and others are stories of discouragement. But even when that small spark of negativity shows up, I continued to be amazed by the speed of your positive thoughts ready and able to snuff it out! You are the best, dear friends and I love you.

Please enjoy this short video - I think you'll resonate with the message.

Click [HERE](#)

Hugs!

I wanted to share this short video with you all for a couple of reasons. First, I am a strong believer in the healing power of human touch, which includes lots of hugs. Second, because to all of you who know me well, you also know that if you ever need a hug, you can always get one from me.

Click [here](#) to watch the FREE HUGS video on YouTube.

I read somewhere that a person needs 12 hugs a day thrive. Did you get (or give) 12 hugs today?

I hope you enjoy this short video - and remember how great it feels to get a hug. Then go out and hug someone. Whether it be stranger or friend, be sure to give a hug to someone who really needs it today.

Biggest hugs to you all - thanks for making our little group one of the very best places to be in the VoiceOver Universe.

Promise Yourself: The Optimist Creed

Promise yourself to be so strong
That nothing can disturb your peace of mind
To talk health, happiness and prosperity
To every person you meet.
To make all your friends feel
That there is something in them.
To look at the sunny side of everything
And make your optimism come true.
To think only of the best,
To work only for the best
And expect only the best.
To be just as enthusiastic about the success of others
As you are about your own.
To forget the mistakes of the past
And press on to the greater achievements of the future.
To wear a cheerful countenance at all times
And give every living creature you meet a smile.
To give so much time to the improvement of yourself
That you have no time to criticize others.
To be too large for worry,
Too noble for anger, too strong for fear
And too happy to permit the presence of trouble.

Author unknown

Everybody Needs a Friend

Here's the link to an absolutely wonderful music video sent to me by my sweet friend, Deb Munro. All you positive thinkers are going to LOVE it!

Peace and love abounds around the world! Check out how many people have viewed the video!

Click here to view [Stand by Me](#) on YouTube.

Gifts

We all come into this world with certain gifts (or talents). Not all of us are given abilities as artists, singers, mathematicians, communicators, writers or actors, etc.

The really cool thing about our gifts is that we usually have *MANY* of them. It's during our journey in life that we discover talents that were previously hidden. By overcoming the fear of taking risks and trying new things in spite of some fear, we often uncover those hidden talents quite by accident.

As for me, I want to discover ALL the gifts I've been given and use every single one. In this way, I express my gratitude for being given the gifts.

"When I stand before God at the end of my life, I hope I would have not a single bit of talent left and could say, 'I used everything you gave me!'"

Erma Bombeck

Be open to the wonderful possibilities of life, my friends.

The Concert

When the house lights dimmed and the concert was about to begin, the mother returned to her seat and discovered that her child was missing!

Suddenly, the curtains parted and the spotlights focused on the impressive Steinway in the middle of the stage. In horror, the mother saw her little boy sitting at the keyboard, innocently picking out *"Twinkle, Twinkle Little Star."*

At that moment, the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear,

"Don't quit, keep playing."

Then, leaning over, Paderewski reached down with his left hand and began filling in a bass part. Soon his right arm reached around to the other side of the child, and he added a running obbligato.

Together, the old master and the young novice transformed what could have been a frightening situation into a wonderfully creative experience.

The audience was so mesmerized that they couldn't recall what else the great master played. Only the classic, *" Twinkle, Twinkle Little Star."*

Perhaps that's the way it is with God. What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't always graceful flowing music.

However, with the hand of the Master, our life's work can truly be beautiful.

The next time you set out to accomplish great feats, listen carefully. You may hear the voice of the Master, whispering in your ear,

"Don't quit, keep playing."

May you feel His arms around you and know that His hands are there, helping you turn your feeble attempts into true masterpieces.

Remember, God doesn't seem to call the equipped. Rather, He equips the 'called.'

Life is more accurately measured by the lives you touch than by the things you acquire.

VoiceActing Academy™



James Alburger & Penny Abshire

An Academy is a school of higher education where specialized subjects and skills are taught.

That's exactly what we do at the VoiceActing Academy!

We work with people who want to break into voiceover, with working VO professionals who want to take their business further, and with performers who want to be more powerful on stage or screen.

Our focus is teaching the performing and business skills needed to succeed in today's highly competitive world of voiceover.

Freshman Courses

(The Basics)

8-Week Workshop

8-Week Tele-Course

2-Day Freshman Weekend

Junior Courses

(Specialized Training)

6-Week Workshop

6-Week Tele-Course

2-Day Junior Weekend

Masters Class

(Business Training)

3-Day Intensive

We take our Freshman and Masters Class on the road! If you are interested in hosting us in your city, please give us a call at 858.484.0220.

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