

# Mp3 Michael J. Russ - Powerful Self-talk, Change Your Self-talk, Change Your Life

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Is there something you want to change about yourself? Do you want to accomplish something?

"Self-Talk" is the most powerful tool you have for making things happen. This audio CD will show you how to transform your "self-talk" into a driving force. 3 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Audiobook Details: Michael J. Russ, President and founder of Powerful Living International, LLC, has authored several audio books covering concepts that help manage your energy, redesign self-talk and create the personal and business success you envision. Produced in audio format, his titles include "Powerful Self-Talk, Change Your Self-Talk, Change Your Life," "Powerful Sales, Manage Your Energy, Achieve Your Goals," and "Powerful Golf, Lower Your Score by Changing the Way You Think" and "Design Your Life, Using Self-Talk to Create Your Life One Day at a Time." Michael, the son of a retired Air Force Colonel, received much of his education and worldly experience while living in the United States and several foreign countries, including Taiwan, Turkey, Germany and the Philippines. After his family settled in Sacramento, California, Michael attended San Jose State University and since 1986, has been a licensed Investment Executive with a west coast regional investment firm. Earlier on in his investment career, he authored and self-published a book on retirement investing called, "401k Investing Made Easy". A multi-talented individual, Michael has a passion for writing, music, travel, public speaking, art and golf. He has been a drummer for over 30 years, plays to a single digit golf handicap and has designed a line of exclusive angel note cards sold via his website, [angelcardsbymichael.com](http://angelcardsbymichael.com). Since 2003, Michael has been writing articles on the mental strategies of golf, sales and life. His mental game and travel articles can be seen in African American Golfers Digest, [bunkershotandselfgrowth.com](http://bunkershotandselfgrowth.com). Currently, Michael traveling the country giving a workshop entitled "Self-Talk to Success" and is working with Master Teaching Professional Charles Lightfoot, of the Advanced Lesson Academy of Golf, to create a cutting edge executive training program that uses the mental and physical strategies of golf to enhance business and personal success. Michael enjoys teaching people how to realize their dreams and find their passions and takes great pride in knowing that everything he teaches is rooted in personal experience.

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