



Strong from Within

with Ann Strong

RETHINKING THINKING

For a Whole New Life

14. Dissolving Problems

“When we let our problems sit for a bit, they are as likely to dissolve as be solved – because they only exist as thoughts in our mind.”

– Michael Neill

I am blessed to live so close to historic Red Rocks Park that I consider it my big backyard. The park encompasses 640 acres of spectacular, rare beauty with expansive views of the Denver metro area. Whenever I need a new perspective, I go to Red Rocks. From that perch, I am reminded of the vastness of life and the insignificance of anything I consider a problem.

What if most of what we view as problems are just habitual regurgitated thoughts? Take a deep breath. And simply relax into that question.

To greater and greater awareness. . .

I'm developing a new program for women business partners to avoid the inevitable, typical pitfalls of business partnership so that the partners and the business flourish. If you'd like to learn more, reply to this email. I'd love to talk with you.

Strong from Within

Loving, embodying and expressing you

Empowering women business owners to make their extraordinary contributions

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