

# Effective & Enjoyable Living Programs

## ME

- Positive Habit Change
- Mindful Meditation for Inner-Peace, Health & Happiness
- What Is Wisdom & Why We Need It

## MY FAMILY, MY FRIENDS, MY WORK & MY COMMUNITY

- Effective & Enjoyable Communication for My Home, Work & Community

## MY NATION & MY WORLD

- New Solutions for Global Migration
- Peace In The Middle East

Sandy Hinden has worked for over 45 years for peace, the environment, culture, health and human services, and community and global development, as an administrator, program director, fundraiser, group facilitator and organizer. He is author of *7 Keys to Love* and a workshop leader and public speaker providing *Life Skills for Effective Living* and *Briefings for a Better World*. Sandy facilitates a *Saturday Night Conversation Club* each week and a monthly *Wisdom Circle* on Long Island.



# Effective & Enjoyable Living Programs



## Positive Habit Change

You will gain awareness of how addictive and unhealthy habits form, the needs they serve, and how to replace them with a healthy, productive pattern, to meet your real needs to live a better life. If New Year's goals seem elusive, learn to take the long-view, getting back on track, refocusing, and being compassionate with yourself, week-by-week, month-by-month. We will explore why it so important to measure progress by what you learn along the way.



## Mindful Meditation for Inner-Peace, Health & Happiness

You can benefit from two of the most important skills in life, mindfulness and meditation, enabling you to access more inner-peace, health and happiness. You then will see why gentle appreciation and gratitude are the stepping stones to happiness. Understand how the "lower-mind" and "higher-mind" are so different, and create different realities. No matter what your age, or level of education or wealth, you can enjoy this simple daily practice, enriching your life.



## What Is Wisdom & Why We Need It

Wisdom can seem like a Forgotten Treasure. People can gain wisdom, forget it, lose it, and it can be regained again. Explore what happens to a society if it does not honor and seek wisdom. Learn how we can develop more wisdom personally and why we need wisdom in our families, communities, nation and our world. Explore the power of self-reflection and character development on your Wisdom Journey.



## Effective & Enjoyable Communication for My Home, Work & Community

Communication skills can make or break relationships, at home and in the work place, and in the community. Unless you make an effort to improve communications, things can fall apart when conflict arises. We will practice different communications skills to help you have better relationships in the family, with friends, co-workers and neighbors.



## New Solutions for Global Migration

We live in a world where countries have problems of joblessness and conflict. Unless these countries make a powerful effort to improve, their corruption and conflict within them will continue, causing global migration. Learn what needs to be done to strengthen Democracies worldwide to improve their economies and democratic institutions to prevent the need for global migration that is creating conflict around the world.



## Peace In The Middle East

The Middle East has known conflict for 6000 years. Learn about the *Habit of Conflict* and how it needs to be replaced with the *Habit of Peace* that the leaders in the Middle East need to practice. Learn why the Two-State Solution is now the only solution on the table for Israel and Palestine, and why the Arab nations need to step-up to fund a peaceful and prosperous Nation of Palestine.