



JOHN MELNICK

RISE ABOVE

Emotional Health



My friend Piper and I really enjoyed watching the Olympics.

We find it amazing that the athletes can stay so strong, emotionally, through such trying circumstances.

Piper suggested that I send you the link below.

The article has some great insights into what emotionally strong people focus on.

This truly helps them "***Rise Above***".

My favorite 5 of the 15 are:

- 1) *They do not allow others to bring them down*
- 2) *They never stop believing in themselves*
- 3) *They know better than to let just anyone into their lives*
- 4) *They are not afraid of slowing down*
- 5) ***THEY DON'T FEEL THE NEED TO FIT IN***

"Please do not hesitate to let me know what your favorites are."

<http://elitedaily.com/life/15-things-that-emotionally-strong-people-dont-do/>



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If you are interested in purchasing one of John's DVD's please [click here](#).