

The Weekly Skillet

Serving Up New Choices For Your Life!

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The Main Course



Richard Jorgensen, CEO

Making A Right on Red

Millions of people are involved in some form of changework in some capacity. Faith Popcorn, renowned futurist, calls this movement *prehabilitation*.

She loosely defines it as *...a new, interim state where substance abusers, primarily of alcohol, can begin the process of self-awareness and treatment without feeling like they have crashed into the bottom.* www.faithpopcorn.com

In the early 1990's, Awareness Communications Technology field-tested a radical approach to the process of recovery with a series of products known as Stop 'n Start (SNS). These high tech, no- confrontation oriented computer programs were designed to address the core issue within the seductive path to addiction; denial.

Rather than badger the conscious and overpower the other-than-conscious aspects of an individual, as is the case in traditional recovery programs, SNS aligns these two aspects of being and bridges the gap between thought and action.

The results of clinical trials and employee assistance programs with SNS have shown a mean increase of greater than one standard deviation according to the Rosenberg Self-Esteem Scale. That translates to indicating a 95% likelihood that the results were not due to chance. What's more, a 90-day follow-up after completion of an aftercare program revealed a steady increase in self-esteem, which suggested, in fact, a "permanent learning" occurred.

LifeSkills U now invites you to cross-over into a world of exploration and self-discovery unrivaled in health education. In reality, SNS is not about a new-fangled road to recovery. In fact SNS offers a fast track to responsibility, a life filled with conscious engagement supported with an other-than-conscious appreciation and renewed clarity.

We invite you to survey the SNS courseware and look forward to assisting you in you're parallel learning process, a subject we'll address in our next edition. Until then, remember for every obstacle, there IS another course of action.

At LifeSkillsU we call this **Practical Sprituality**. Explore this and other Stop 'n Start course-ware and the possibilities for change in your life by attending a FREE introductory online class.

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Side Orders

Free Courseware Update!

If you have courseware:

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Friday, March 22

10:00 am – 12:00 pm (PST)

Sunday, March 24

5:00 pm – 7:00 pm (PST)

8:00 pm – 10:00 pm (PST)

Free QuickBooks Accounting Class

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Monday, April 8

6:00 pm – 7:00 pm (PST)

Coach Certification

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12 Weekly Sessions

Starting Monday, Apr 15

6:00 pm – 8:00 pm (PST)

Body Language Essentials

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Monday, April 15

6:00 – 9:00 pm (EST)

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