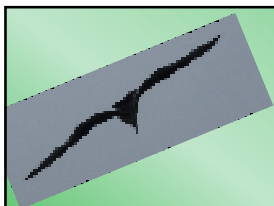


**STAR Center 2009 Recovery
and Wellness
Teleconference Series**

**Focus Now! Life is Worth Living:
How You Can Change Your View
and Change Your Life**

Presented by: Janet Paleo

September 22, 2009

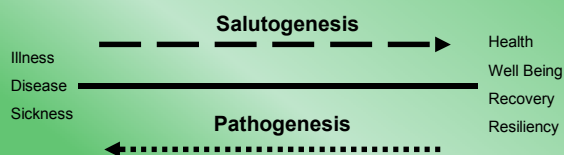


**Prosumers use
Focus for Life®**

- A new approach that yields recovery and a Salutogenic outcome
- Builds resiliency

**Focus for Life®
develops
Salutogenesis**

Salutogenesis vs. Pathogenesis



The difference is where the focus is placed. Focus on the illness, you become the illness. Focus on your well-being, it encompasses all of life. Here the illness is another part of life.

Cognitive and Emotional Appraisal

- Your world is understandable
(Control)
- Your world is manageable
(Challenge)
- Your world has meaning
(Purpose)

Control

Understanding your world by refocusing on life events and changing the story that we attach to them.

Focus for Life®
to understand life is subjective



Focusing Outside of You



Challenges

Focus for Life has people understand that social networks give you a source of resources to meet the challenges of life.

Focusing on Resources



Purpose

Focus for Life emphasizes focusing outside of yourself and doing something for others. Volunteering fulfills our curiosity and provides a sense of meaningfulness for life.

Holistic Healing

While integrating treatment of both mind and body is good, it is still looking at the pathology is only one side of the equation. This must be balanced with wellness, hope and recovery.

Through
Focus
you can attain
Salutogenesis

Focus for Life[®]

- We can change cognition
- We can change reality (experiences)
- Being responsible for ourselves and our life
- Doing all three maximizes growth, recovery, and resiliency!

Focus for Life[®] helps you to
see what you haven't seen
before



Focus for Life® encourages positive risk-taking/positive choices, and embraces change as beneficial for our lives.



We don't have to accept the barriers that people put in front of us. We can discover for ourselves what we can do or not do. And even when "they" say it is impossible, we can prove them wrong.

"It's not what's happening to you now or what has happened in your past that determines who you become. Rather, it's your decisions about what to focus on, what things mean to you, and what you're going to do about them that will determine your ultimate destiny." Anthony Robbins

What You're Going to Do

- There is hope in action
 - The more action you take, the more hope you will have
- Taking what you focus on, what that means to you and putting yourself in action, will determine your destiny

Focus in Action

- By choosing our focus, we can affect our lives.
- By creating meaning in our lives, we can affect our place in the world.
- By understanding that the power of recovery resides in each of us, we can make it happen, because

RECOVERY IS POSSIBLE!!

RECOVERY IS POSSIBLE!

Focus for Life® The Book Soon to be Released



Pre-Orders now being taken here and online. Order today and your book will be autographed by the authors before being mailed to you.

www.TheProInternational.com

References

Aaron Antonovsky, "Unraveling the mystery of health. How people manage stress and stay well."

David Gobble, PhD, CHES: "Salutogenesis: Understanding the origins of health and wellness".

Bengt Lindstrom & Monica Eriksson: "Salutogenesis", and "Contextualizing salutogenesis and Antonovsky in public health development".

With Special Thanks to:

*Salutogenesis: Understanding The Origins of Health and
Wellness*

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