

New Year's Resolutions That Stick (Literally)

How Pictures Can Make Dreams Come True!

Millions of people relive the past by sharing photos on the Internet. Let's use photos to visualize and create an ideal future through "Vision Goal-Setting."

- Why don't our dreams come true?
Because it's difficult to maintain vision, focus, drive, and persistence.
- Why don't we lose weight? Because it's hard to see ourselves thin.
But we can find a photo of someone with a lean body that resembles ours.
- Why don't we find a mate? Because we can't picture it.
But we can get a picture of someone who attracts us.

Or we can download photos of our ideal home or car. Looking at these photos daily helps us fulfill desires by keeping our goals in sharp focus.

On your show, I will demonstrate fun and easy ways to make a vision board, scrapbook, bulletin board, desktop image, or Pinterest page that focuses on our desires and heartfelt goals. I can hold a Vision Goal-Setting class or do a demonstration. See a sample TV segment here: www.youtube.com/watch?v=bS9UqoJ7i2U. I can also invite Vision Goal-Setters to tell success stories. We can make 2019 your best year yet!

Susan Shumsky is a spiritual teacher, a pioneer in the self-development field, and an award-winning author of 14 self-help books, published by New York publishers. She has done 975 media appearances including: *Los Angeles Times*, *Chicago Tribune*, *Washington Post*, *GQ*, *Woman's World*, *Cosmopolitan*, William Shatner's TV show, *Fox News* with Alan Colmes, and many more.



Susan Shumsky
Award-Winning Author



AWARD-WINNING AUTHOR OF 14 BOOKS, INCLUDING:

Divine Revelation (Simon & Schuster), *Miracle Prayer* (Random House), *Exploring Meditation*, *Instant Healing*, *Ascension*, *The Power of Auras*, *The Power of Chakras*, *Awaken Your Third Eye*, *Awaken Your Divine Intuition* (Red Wheel/Weiser), and *Maharishi & Me* (Skyhorse).

WHAT THE MEDIA SAYS:

- "Susan, thank you for coming on the show. Alan Colmes enjoyed it tremendously." —Fox News Producer
- "Susan, you were fantastic! The phone lines and texts kept coming in after we said goodbye!!! Wow!" —Jane Monzures, WGN, Chicago
- "Susan is more divine than Bette Midler and my world famous cheesecake!" —Joey Reynolds, WOR, New York
- "You're such a great guest. This is such a fascinating topic." —Laurie Kirby, WBZ, Boston
- "We talked for 20 minutes, and it seemed like 2 minutes. I wish we could go on for 2 hours." —Steve Trevelise, WKXW, New Jersey
- "It was an absolute joy! Thanks for chatting with me." —Jeff Angelo, WHO, Des Moines
- "John and I really enjoyed the interview!" —John Hines and Dan Cook, WCCO, Minneapolis

AVAILABILITY: Nationwide

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