

# MANAGE YOUR **INFORMATION FLOW**

In addition to disconnecting from negative content, we must search out positive content for encouragement. On the next two pages, you'll find some good podcasts and books to provide encouragement.



# Podcast Recommendations

Positive podcasts are a great source of positive information. Here are three good ones. Download them wherever you listen to your apps.



## Be Positive | Stay Positive Podcast

Success means something different to everyone. Wealth, happiness, and love are the most common life successes. This podcast will guide you to positivity and happiness.



## Positive University Podcast

During each episode, best-selling author Jon Gordon and his guest share tips and strategies to stay positive, overcome challenges, and make a greater difference.

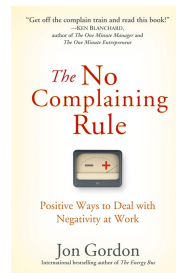


## Win Make Give with Ben Kinney

The Win Make Give Podcast with Ben Kinney teaches you how to WIN at life and MAKE more money to be able to GIVE generously of your resources, time, and talents. Great interviews and discussions.

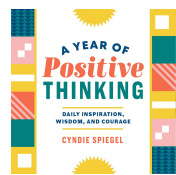
# Book Recommendations

Positive books are a great source of positive, uplifting information. Here are three good ones. Get them wherever books or sold, or download the audible version at amazon.com.



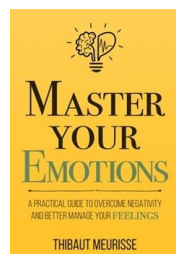
## The No Complaining Rule

In this book, speaker, trainer, consultant, and author Jon Gordon shares an enlightening story that demonstrates how you can conquer negativity. Audiobook is available.



## A Year of Positive Thinking

This book teaches you the power of positive thinking through quick and digestible affirmations based in positive psychology, neuroscience, and personal development.



## Master Your Emotions

This is the 'how-to' manual your parents should have given you at birth. You'll learn a step-by-step process to deal with negative emotions so you can live a happier, more fulfilling life. Audiobook is available.