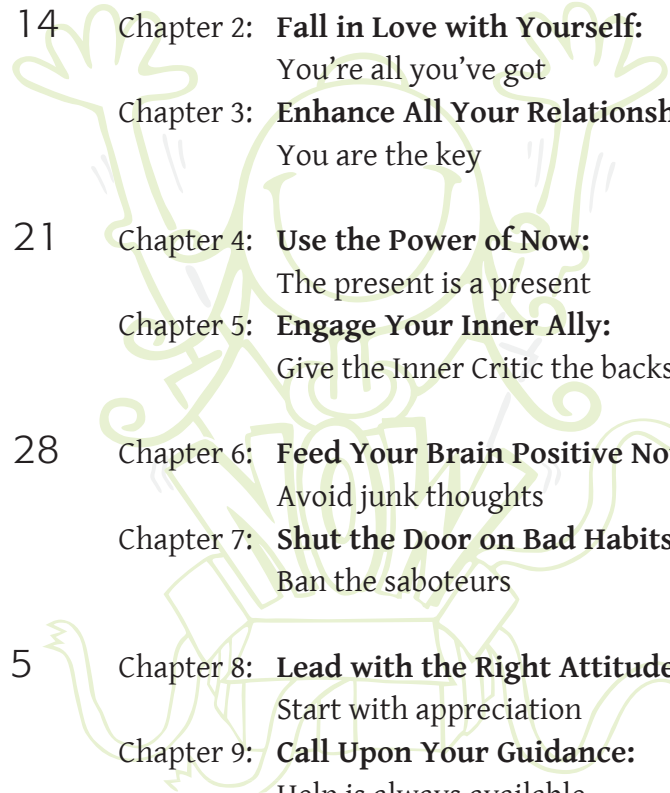


# COURSE SCHEDULE

## General Information and Instructions

**Be Happy! It's Your Choice** can be purchased for \$14.95 from [www.amazon.com](http://www.amazon.com) or from most of the Barnes & Noble or Borders bookstores in Hawaii. You must have a copy of the book for the class. Priority registration is given to those who enroll for the entire 6 weeks. Per class sign-ups will be accepted the week prior to each class, and only as space allows. Check the website each week for availability.

Prior to coming to class, you must read the chapter(s) we plan to cover. Please bring a notebook and pen to each class. Every class will be recorded and an MP3 recording sent out to each sign-up; so if you are not able to make a class, you will still be able to stay in touch with what we are doing.

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- Wed, April 7 Chapter 1: **Focus on the Light:**  
Leave the shadows behind
- Wed, April 14 Chapter 2: **Fall in Love with Yourself:**  
You're all you've got  
Chapter 3: **Enhance All Your Relationships:**  
You are the key
- Wed, April 21 Chapter 4: **Use the Power of Now:**  
The present is a present  
Chapter 5: **Engage Your Inner Ally:**  
Give the Inner Critic the backseat
- Wed, April 28 Chapter 6: **Feed Your Brain Positive Nourishment:**  
Avoid junk thoughts  
Chapter 7: **Shut the Door on Bad Habits:**  
Ban the saboteurs
- Wed, May 5 Chapter 8: **Lead with the Right Attitude:**  
Start with appreciation  
Chapter 9: **Call Upon Your Guidance:**  
Help is always available
- Wed, May 19 Chapter 10: **Trust in the Bigger Picture:**  
Bigger is better

THERE'S NO TIME LIKE THE PRESENT