

90 words, 30 seconds

MANAGE PROBLEMS IN NINETY SECONDS

Most people have problems—but you don't have to. You can replace them with challenges, explains Jim Fannin, the "change your life coach" of athletes, executives and entrepreneurs. Here are a few of his techniques on how to avoid stress and worries created by problems. See what aspects you can control. Identify the risks in various actions. Determine what resources you need. Envision your solutions. See the challenge being overcome. Learn more from Fannin's Ninety-Second Rule Program, C-D and e-book, and online at 90-second-rule--dot--com.