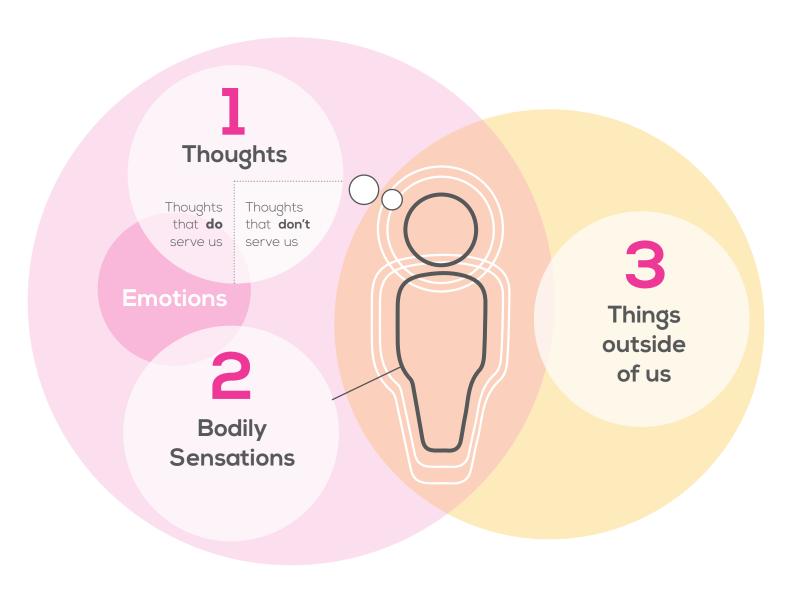


The Three Areas of Attention



The quality of your life is determined by the

focus of your attention