



Mark Matteson is in great demand international as a Speaker, Best-Selling Author and Consultant. He has been called “a Thought Leader, Street Scholar, and an Idea Reporter and insightful Business Humorist.” He is author of three books and four e-books, including the International Best Seller, **Freedom from Fear**, now in Japanese. Mark inspires organizations internationally to “**Raise the Bar**” to achieve higher levels of personal and professional performance.



Below are some insights from one of Mark’s recent blog entries at <http://influence-theartandscienceofselling.blogspot.com/>

It’s your **attitude**, at the beginning of any difficult task or project, more than anything else, will bring about its successful end. Life is a merciless mirror. It reflects back what we send out.

The deepest craving in the human condition is the need to be **appreciated, respected and understood**.

Self Worth. Self Esteem. To feel important.

Stop wasting time talking about your problems unless it’s with someone who can help you change them. Reject others negativity. **Radiate an attitude of well being and confidence**.

Treat everyone you meet as the most important person on earth. **Be the person who is the Good-Finder in others**. It will change your life and the lives of people you touch each day.

Be grateful. Life is short. Expect the best. Invest your time wisely. **Model the attitude you want**.

Find people with great attitudes and make the time to talk with them.

Make this a great day!

Visit Mark’s website at www.mattesonavenue.com/