



## Allison Massari

Keynote Speaker, Executive Coach, Consultant, Artist

### Three Secrets To Mastering Your Life:

#### **Embrace the idea that joy and pain exist side-by-side.**

Understanding that happiness *is possible* in the midst of suffering is the foundation for building a peaceful life. Imagine that you have a mountain of your pain in one hand - and your joy is in the other. *Focus on your joy, even if it is the smallest thing.* Then *build it* – grow and nourish it – *so much*, that eventually your joy towers over your pain.

#### **Choose kindness.**

There comes a point when we can learn to feel good, even if we are *struggling*. Our happiness is born from our ability to see *all that is beautiful and good*, AND all that is *painful and unfair* - and to choose to be kind, compassionate, and loving anyway. And, when times are challenging, ask yourself, "What if I could be happy anyway?"

#### **Have courage, tenacity, determination. Never give up.**

Sometimes in life there is no break, no quick fix - you must dig deep, and *survive it*. The synergy of love and guts is what creates total aliveness.

To inquire about Allison's speaking for CEUs please contact: 415.209.3616  
cs@allisonmassari.com To donate to Allison's Camp for Teens with Severe  
Burn Injuries please go to: [www.RogerPepperCamp.com](http://www.RogerPepperCamp.com)

For daily inspiration follow Allison Massari on Facebook and Twitter:



## Named One of the "Top 10 Best Speakers" in North America for "Motivation"

— M&C Magazine

**"What is it we all want?** We want to live with passion, focus and clarity. We want success, genuine well-being... *inner peace*. We want to be powerful in our lives, equipped with the capacity to handle the unexpected, and with the tools to successfully navigate difficult people and challenging circumstances. But it's more than that – we want to feel like we've come alive, that we're living our mission, walking in the world, vital... I specialize in helping people transform their personal and professional lives. You will experience profound results and a lot of heart. I'm all yours."—Allison Massari

***"I watched as the entire room rose to their feet in a standing ovation. Her work is phenomenal, and life altering."***

Jessica Chapman Neuroscience Sales  
Global Pharmaceutical Company  
Ranked 119 on the Fortune 500

