

## Attitude and Mindset is Everything

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Those of you who already own the Pizzazz Factor know that I emphasize the fact that you need to make your posture and your body language your own. You need to feel comfortable and natural in your own skin in order to exude confidence and radiate a magnetic presence.

The mirror is your best friend and practicing in front of the mirror allows you to get more comfortable with the movements and postures I show you.

You see, I can show you what perfect posture is and how to achieve it, and I can tell you what positive body language signals you can use to make unforgettable first impressions... or how to take someone's breath away, or how to look really confident even when you are crumbling inside... But you could end up just looking like a programmed stick figure...

In the Pizzazz Factor I explain to you how important it is to not only practice, but to infuse your newfound great posture and body language with radiant energy and positive attitude - that is precisely what is going to make you stand out from the rest of the crowd.

By using your powerful posture and your positive body language signals every day, you will get increasingly more comfortable with them and you will feel your self-confidence improve. Once you have a more healthy and positive self-esteem it is pretty easy to have a good attitude and radiate contagiously radiant energy!

Attitude and mindset is everything. If you have the intention to impress and then the know-how of how to implement it, well, then you have got it made!

Kind regards

Vanessa Bader