

Think Better, Live Better

By: Marc & Angel Chernoff
marcandangel.com

The biggest
and most complex obstacle
you will ever have
to overcome is your own mind.
Overcome that,
and you can
overcome anything!
- marcandangel

Look around the room right now...



What you **focus** on **grows**.

Stop managing your time.

Start managing your focus.

But...

What if you are struggling?

You may not be responsible for everything that happened to you in the past, or everything happening to you right now...

But **you need to be responsible for undoing the thinking patterns** these circumstances create.



Happiness and peace of mind is **letting go** of what you assume your life is supposed to be like right now, and sincerely appreciating it for everything that it is.

Date: 9-16-1977:

“Today I’m sitting in my hospital bed waiting to have both my breasts removed. But in a strange way, I feel like the lucky one. Until now I have had no health problems. I’m a sixty-nine-year-old woman in the last room at the end of the hall before the pediatric division of the hospital begins. Over the past few hours I have watched dozens of cancer patients being wheeled by in wheelchairs and rolling beds. None of these patients could be a day older than seventeen.”

It's your choice...

It's your choice...

It's your choice...



The goal isn't
to get rid of all your
negative thoughts,
feelings, and life situations.
That's impossible.
The goal is to change
your response to them.
- marcandangel

We waste our time waiting for
the ideal path to appear.
But it never does.
Because we forget that paths are
made by walking, not waiting.
And no,
you should not feel more confident
before you take the next step.
Taking the next step is what
gradually builds your confidence.
- marcandangel

happiness now

Transform trials into triumphs



Following a series of devastating losses, Marc and Angel Chernoff turned their pain into astonishing success. Now they're helping others do the same. Here, what to remember when everything goes wrong

Ten years ago, married couple Marc and Angel Chernoff felt like they were drowning in tragic news: They'd just lost a best friend to a heart attack, a sibling to suicide and their livelihood following a layoff. "We didn't know how to sleep and cry at the same time," Marc recalls of how their broken hearts hit rock-bottom. There, numbed by depression, grief and fear of becoming homeless, they were unsure of how to regain their footing. Angel shares, "You can't see the silver lining. You can't see how you're going to get out of that storm." And yet, as impossible as it seemed, the duo successfully reinvented their lives. How? By creating small daily rituals that gradually allowed them to see hope and beauty in their lives. The key? "Focus a little less on managing your problems and a little more on managing your mind-set."

Now with their blog, "Marc & Angel Hack Life" (MarcAndAngel.com), the couple is helping millions of people move past setbacks. They don't deny that painful events happen, but say, "If we can learn to think better, we can ultimately live better." And there's healing on the other side. "It's crazy to see all the beauty that came from those incredibly painful life changes that we would never in a million years wish on somebody else," notes Marc. "Life is unpredictable, but that doesn't mean we are powerless or we don't have many, many options to create meaning and find joy." Best of all, the type of healing is possible for anyone. Read on for Marc and Angel's tips to regain perspective when you're feeling beaten-down or stuck in rut. The couple promises, "You might look back on today as the day your whole life changed."

For more happiness how-to's... Check out Marc and Angel's new book, *Getting Back to Happy: Change Your Thoughts, Change Your Reality, and Turn Your Trials Into Triumphs* (Tarcher/Perigee, 2016; Hardcover \$27, Kindle \$14, Nook \$14)



48 First for July 1, 7/2/18

Transform trials into triumphs

First for women July 3, 2018

All-American mmm!

Happy 4th treat!

RECLAIM YOUR ENERGY
Tick-borne infections are up 360% and can masquerade as menopause, fibromyalgia and chronic fatigue. Here's what you need to know because your doctor doesn't!

STRESS ENDERS
DOROTHY HAMILL reveals the secrets that helped her overcome health challenges to become unstoppable at 61!

SUDDENLY YOUNGER
Top flattering cuts for women over 40: Each slims the face + makes hair look 2x thicker

FAST RELIEF

- ★ Rashiness
- ★ GI upset
- ★ Insomnia
- ★ Headaches
- ★ Incontinence

EXTREME FAT BURN
Resync your body clock for
Discover the meal-timing secret that helped Sandra lose 56 lbs at 60 →

NEWS FROM JOHNS HOPKINS: Most women suffer from a kind of jet lag that packs on weight. It takes just 3 days to cure!
Jaime lost 187 lbs

Drop 11 lbs in 7 days

HAPPY IS WITHIN REACH

TURN TRIALS TO TRIUMPHS

PUTTING WHAT'S PREACHED TO PRACTICE

To hack a website or email account takes a certain talent and know-how. But to hack life—now, that's a skill we'd all like to master. Jupiter residents Marc and Angel Chernoff have done just that, and they will be sharing their insights this month at Harbourside Place.

BY SANDRA BENAVIDES WEICHEL
PHOTOGRAPHY BY ZAITOGRAPHY

At Marc and Angel Chernoff what they do for a living, and their answer is simple: "We're coaches." But the Jupiter residents are not the type of coaches who stand on the sidelines encouraging others to play better. Rather, they're the type of coaches who help others live better.

In life coaches and founders of the widely followed blog, Marc and Angel Hack Life, the married duo cover a wide range of personal development. They've helped thousands overcome personal, and through their articles, podcasts, and books, *Living Strong Happily and Wealthy* (2016), *Living Strong Happily and Wealthy 2.0* (2017), the Chernoffs provide the reflective tools needed to achieve success, serenity and, above all, happiness.

The couple, of course, not long after they too had to reckon some peace of mind.

It began at the close of 2008. The college graduates were married, living in Orlando and ready to start over. But after Angel's seven-year climb up the corporate ladder, which added her the responsibility of managing a \$4 million trust, she got laid off. Her engineering degree had secured employment at different start-up ventures, but Angel had been the winner. So the news was not only career blow but also financial. It was the right thing, it was all the better, if you're a person who's going to work your way up, she says. "But the lesson was to take care of that ideology."

In 2009, the Chernoffs

moved to Pacific Beach, California, in an attempt to reinvent themselves. Marc was able to transfer with his job as a small government contractor working for the Marine Corps with flight simulators. And Angel found work at a nearby college, where she was able to pursue her master's degree.

But just as the dark skies began to clear, a thunderstorm was approaching. And like lightning, the hard times struck again and again.

In September 2009, the couple's best friend unexpectedly passed away. And in December, Angel received more bad news: her brother had taken his own life.

"When you're away from the people you love, and you experience something like this, suddenly you question everything you're doing," Angel, 34, says.

The Chernoffs had created their blog site back in 2006, but its intended purpose was no more than an online diary of sorts, cataloging experiences and thoughts. It always served as a creative outlet, but during their most challenging year, its content began to change.

"It went from being reflective about happy things to more reflective about some of the worst possible scenarios a person can go through," Marc says. The Chernoffs began a journey of

self-healing. They read copious amounts of personal development literature, including books like *The Power of Now* by Eckhart Tolle, they relearned

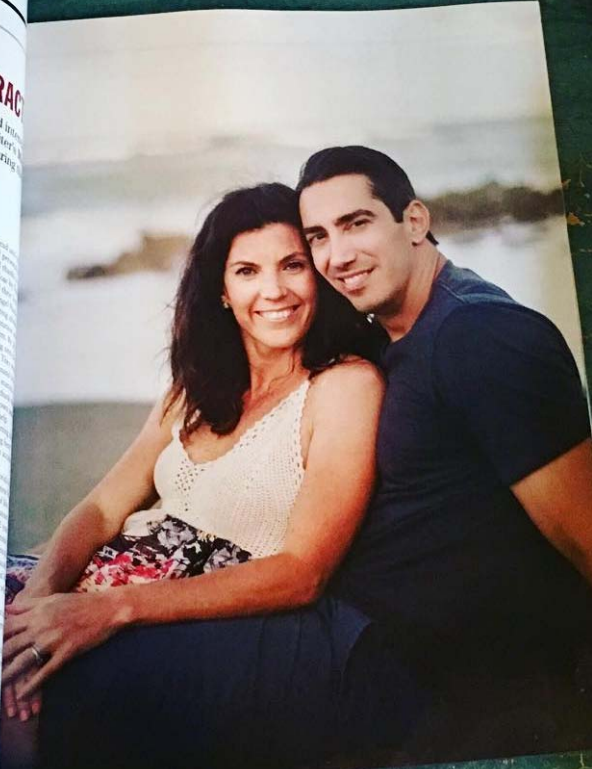
On Marc and Angel's return, it worked for them. The couple began writing articles, and eventually, their articles were co-sublished on Twitter and Facebook. And eventually, they branched out to the Chernoffs' own website, where they've published their stories, share their insights, and answer questions.

"That's when we started to see the results," Marc says. "Talk about an entrepreneur's tip."

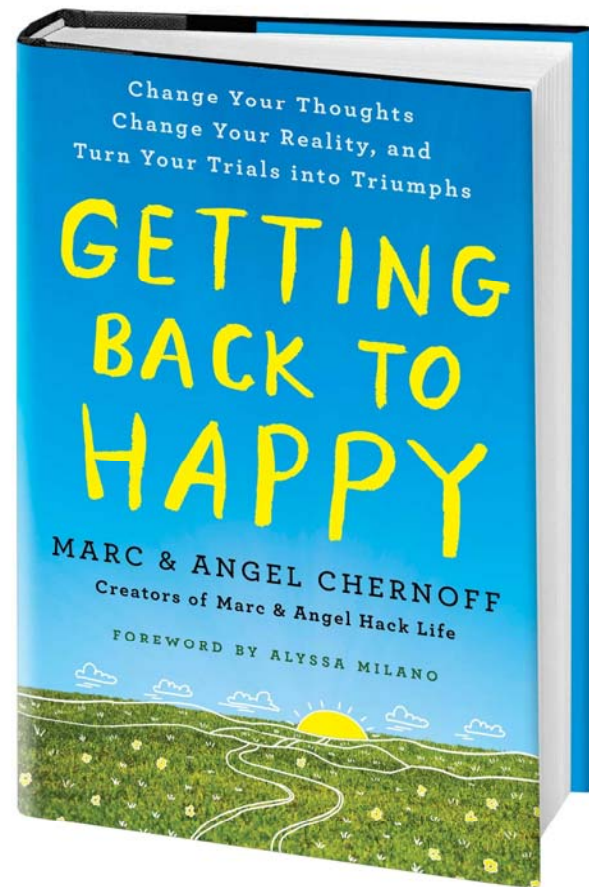
Having returned to the Chernoffs are now full-time bloggers, coaches and students are also tackling a new mission: to read, write and attend seminars on personal development, then not reside in what they're learning it's in the daily ritual of practicing what they've learned into practice.

For them, it is important for coaches, they practice what they preach.

On Feb. 15 and 19 the couple will be hosting a conference, *Live Better, at the Wyndham Grand Jupiter at Harbourside Place*. The presentation will include 15 speakers who will explore different topics on life, think livebetter.com.



gulfstream.com



Change Your Thoughts
Change Your Reality, and
Turn Your Trials into Triumphs

GETTING BACK TO HAPPY

MARC & ANGEL CHERNOFF
Creators of Marc & Angel Hack Life

FOREWORD BY ALYSSA MILANO







Home & Family

Weekdays 10a/9c



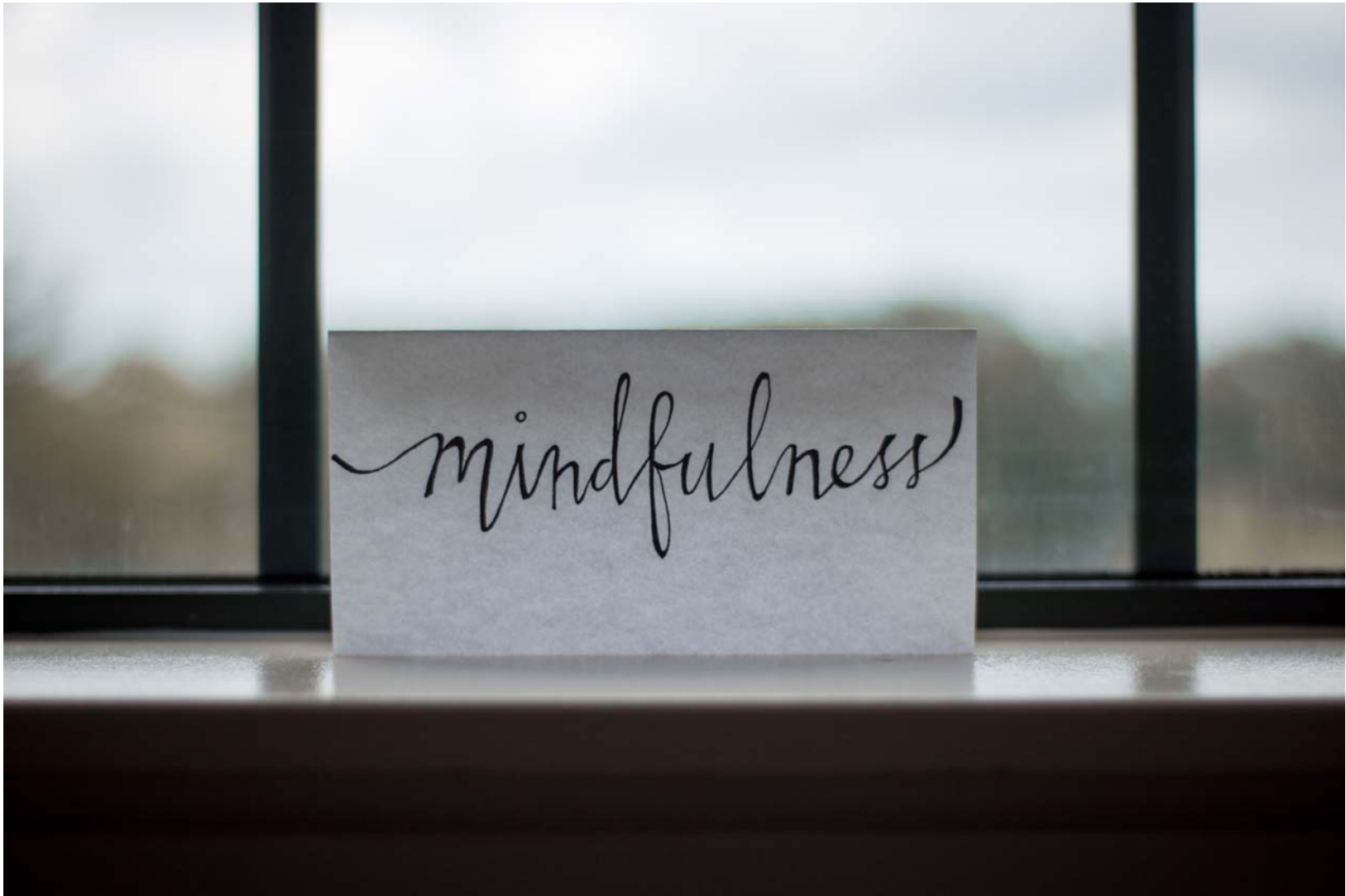
June 10, 2018

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THE NEW YORK TIMES BOOK REVIEW

Advice, How-To Best Sellers

THIS WEEK	Advice, How-to and Miscellaneous	WEEKS ON LIST
1	COLIA TABLE , by Joanna Gaines with Marah S. (Running House)	5
2	TITLE ART OF NOT GIVING A ----- , byanson. (Running House/HarperCollins) (†)	76
3	YOU ARE A BADASS , by Jen Sincero. (Running House)	124
4	GIRLS WHO TAKE YOUR FACE , by Rachel Hollis. (Running House/Nelson) (†)	7
5	THE FIVE LOVE LANGUAGES , by Gary Chapman. (Northfield)	244
6	MAKE IT HAPPEN , by William H. McRaven. (Central)	47
7	I'VE BEEN HERE ... , by Maria S. (Borman/Viking)	13
8	EVERYBODY LOVES YOU , by Bob Goff. (Nelson) (†)	6
9	PRINCIPLES , by Ray Dalio. (Simon & Schuster)	26
10	GETTING BACK TO HAPPY , by Marc Chernoff and Angel Chernoff. (TarcherPerigee)	1



mindfulness

At its core, mindfulness is...

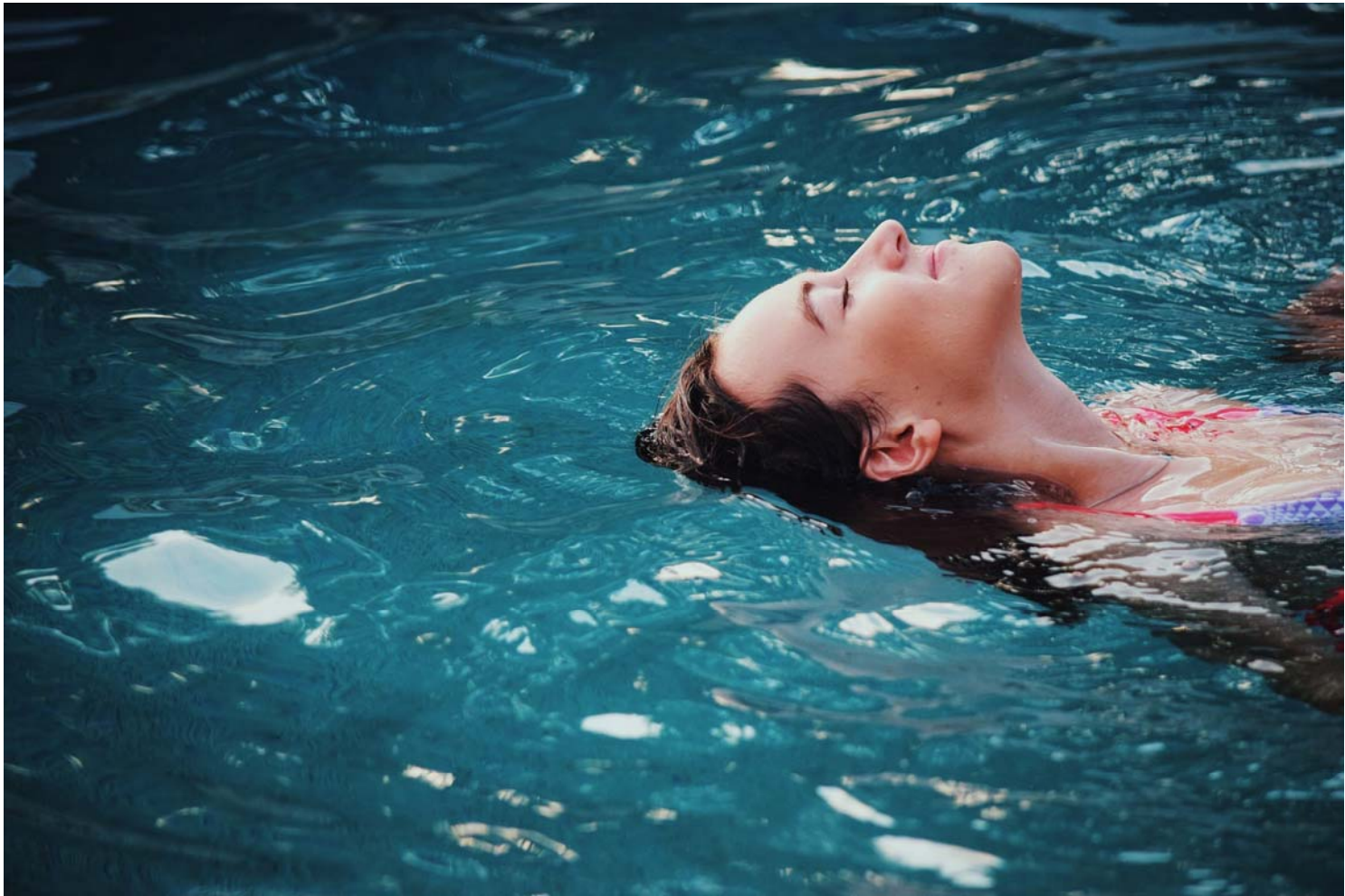
- Being aware of what's happening in the present moment without wishing it were different
- Enjoying each pleasant experience without holding on when it changes (which it will)
- Being with each unpleasant experience without fearing it will always be this way (which it won't)

Being “mindful” is being...

- Present
- Detached
- Accepting

(It's about letting GO...)





But how?

(Especially on hard days ... how?)

Two methods we've personally
turned to the most.

Method #1:
**Bring conscious awareness
to silver linings.**

If the grass
looks greener
on the other side...
Stop staring.
Stop comparing.
Stop complaining.
And START watering
the grass
you're standing on.
- marcandangel

Every evening before you go to bed, write down three things that went well during the day and their causes. Simply provide a short, causal explanation for each good thing.

That's it. We spend tens of thousands of dollars on expensive electronics, big homes, fancy cars and lavish vacations hoping for a boost of happiness. This is a free alternative, and it works.

Method #2:
**Bring conscious awareness
to negative emotions.**





Self-Inquiry:
The Hard Questions
You Need to Ask Yourself

Self-Inquiry Process

Step 1: Record in the heat of the moment in real time.

Step 2: When you're feeling calm and collected, once a week, review your thoughts using the self-inquiry questions.

Self-Inquiry Questions

1. Is it true? Is it *all* that's true?
2. When I think this thought how does it make me feel and behave? Who am I with this thought in my head?
3. Who would I be, and what else would I see, without this thought as my primary point of focus?

What is the opposite of the thought?

Is the opposite equally as true sometimes?

What are some examples?

Let's practice self-inquiry.



If you don't allow yourself
to move past what happened,
what was said,
what was felt,
you will look at
your present and future
through that same dirty lens,
and nothing
will be able to focus
your foggy judgment.
Realize this.
What you do now matters more
than what happened yesterday.
- marcandangel

It's time to find your why...

What's going to motivate you
to practice?

What are the chances of YOU
being born?

The odds of **you** being born
at the moment in time **you** were born,
to the parents **you** were born to,
with the DNA structure that **you** have:

1 in
400,000,000,000,000.

Let's visualize the probability of YOU...



Or to put it another way...



Chances of becoming a millionaire – 1%

Chances of becoming a billionaire - .00002%

Chances of winning the lottery - .000001%

Chances of being born - .000000001%

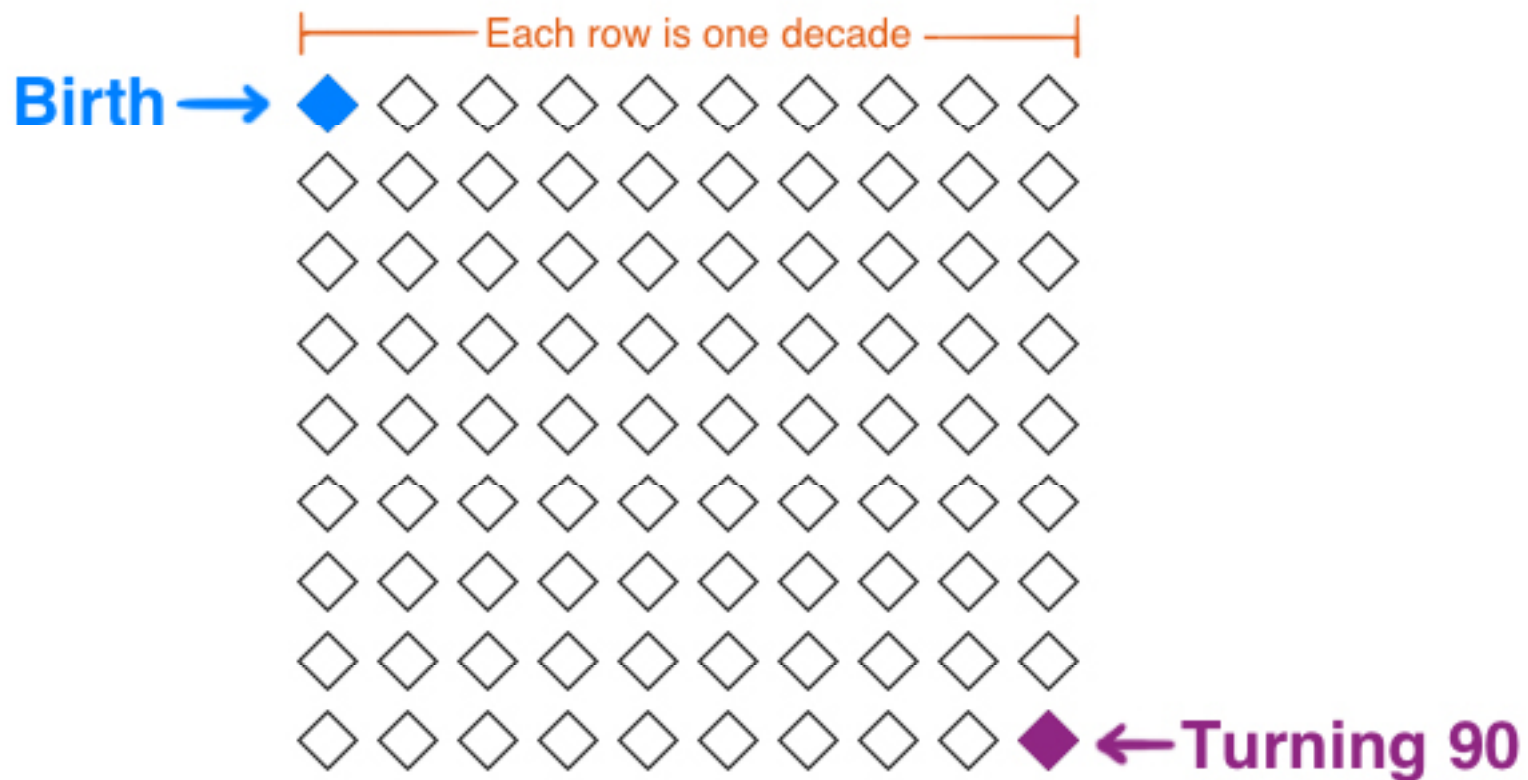
You had a 1 in 400 TRILLION chance to be born...

You won the day you took your first breath.

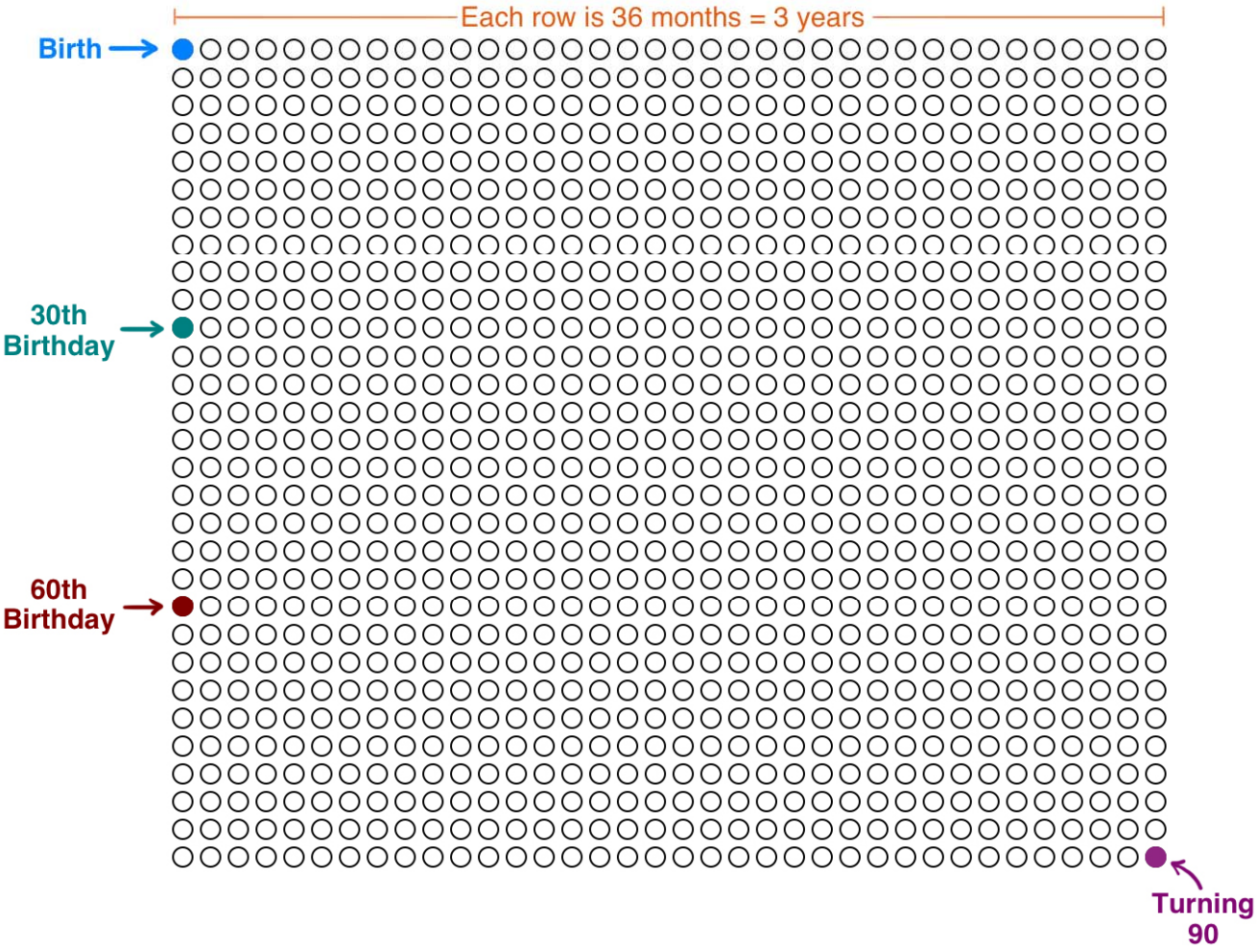
YOU are a living, breathing
miracle!

How much time do you have left for
what matters most to you?

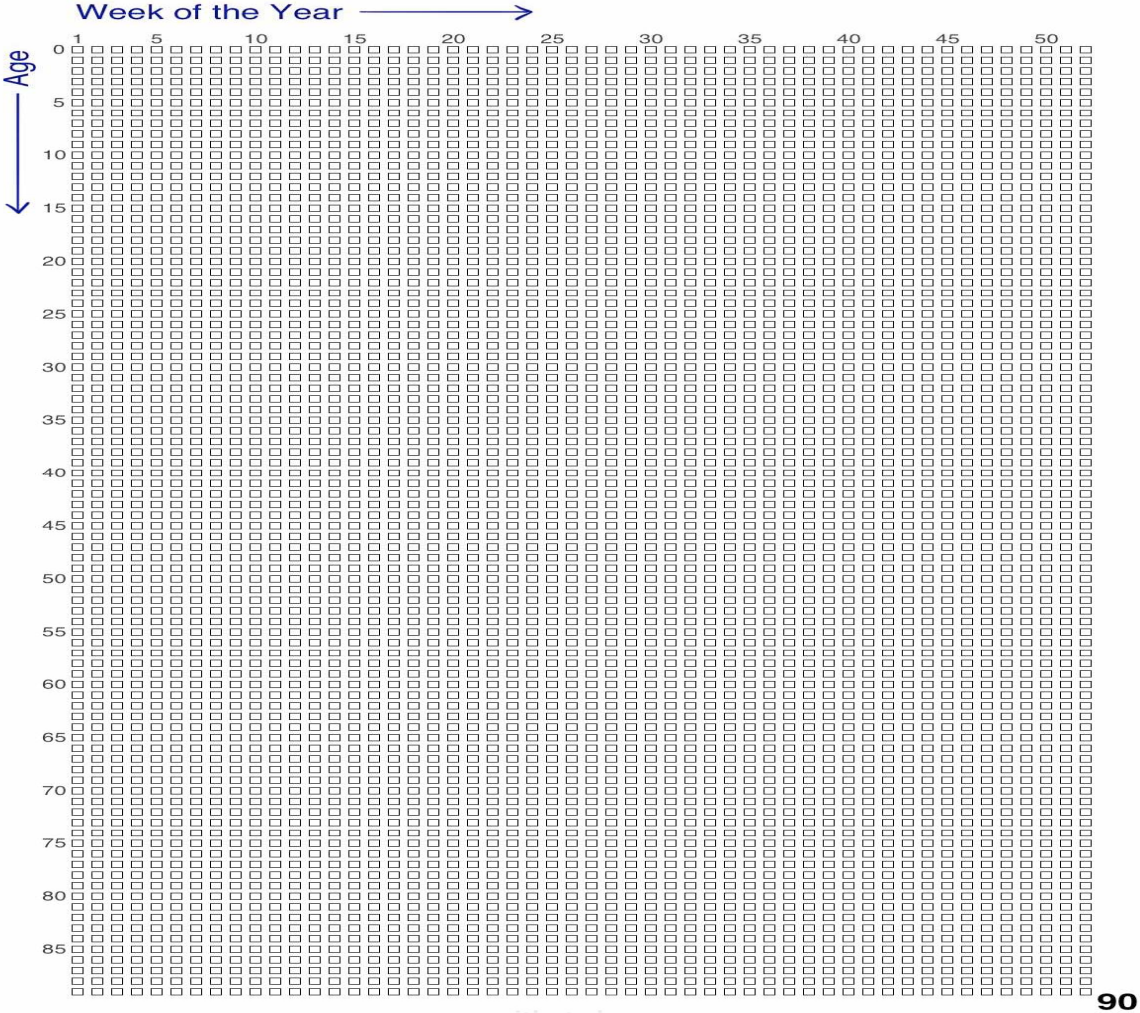
A 90-Year Human Life in **Years**



A 90-Year Human Life in Months

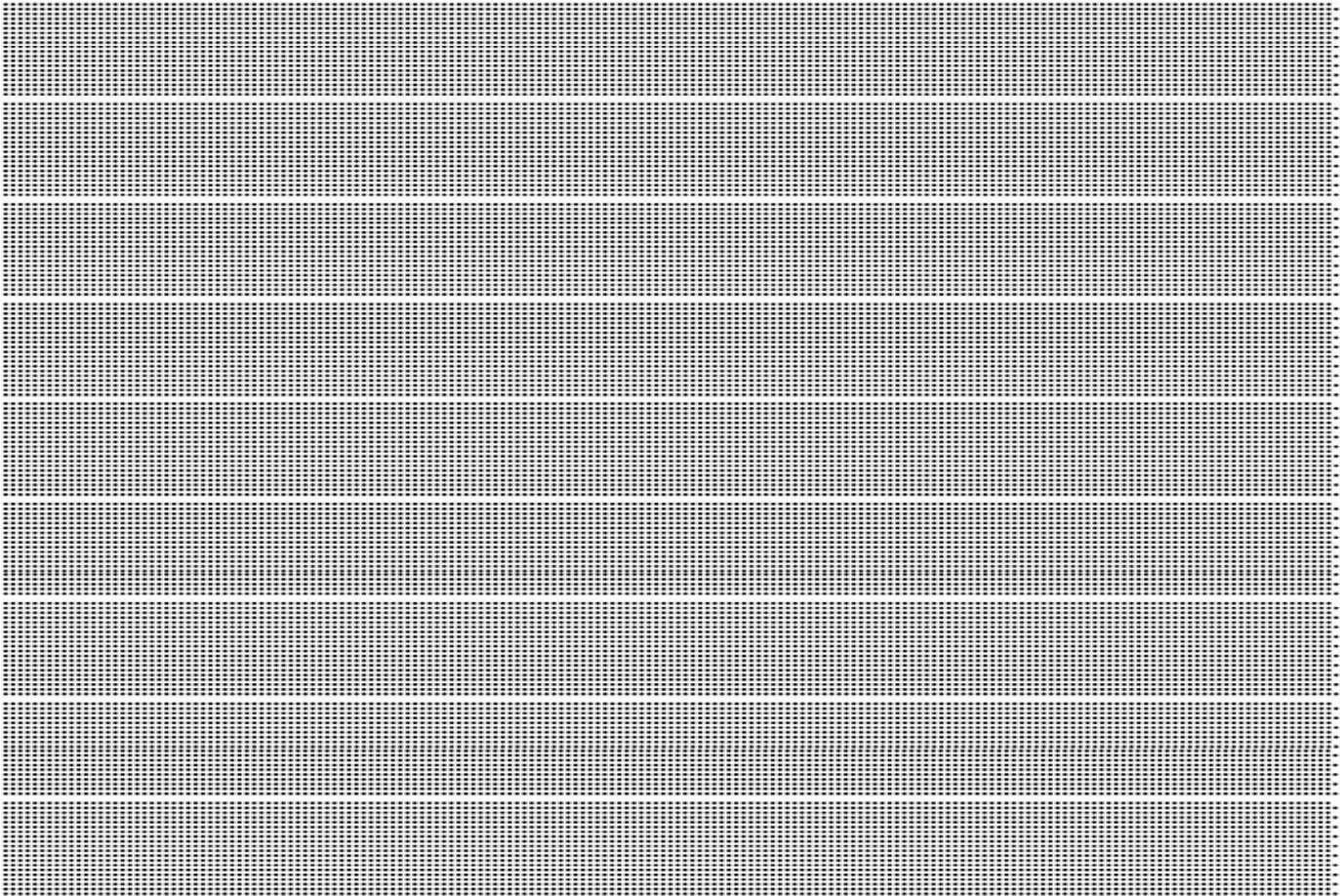


A 90-Year Human Life in Weeks

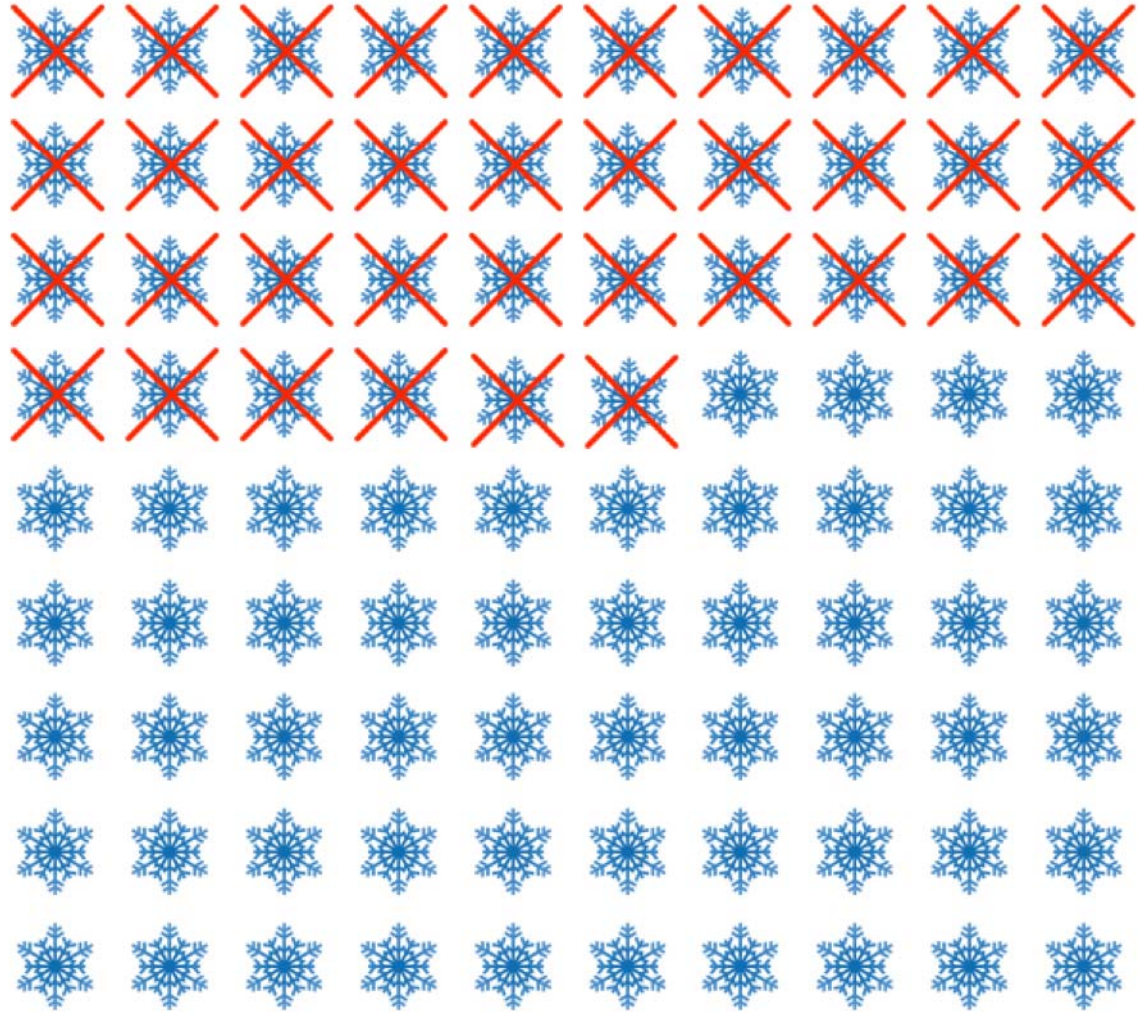


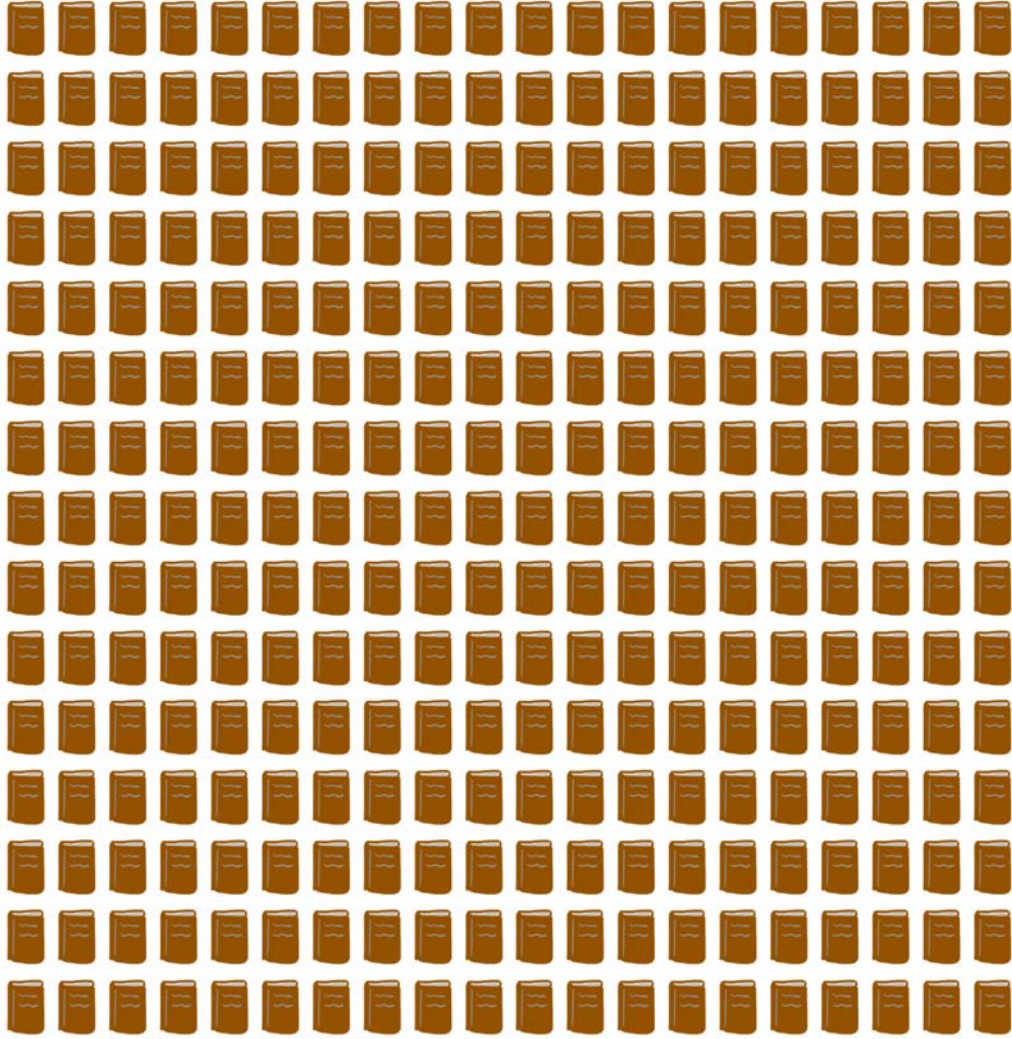
All the Days in a 90-Year Human Life

(2 rows = 1 year, each section = 1 decade)





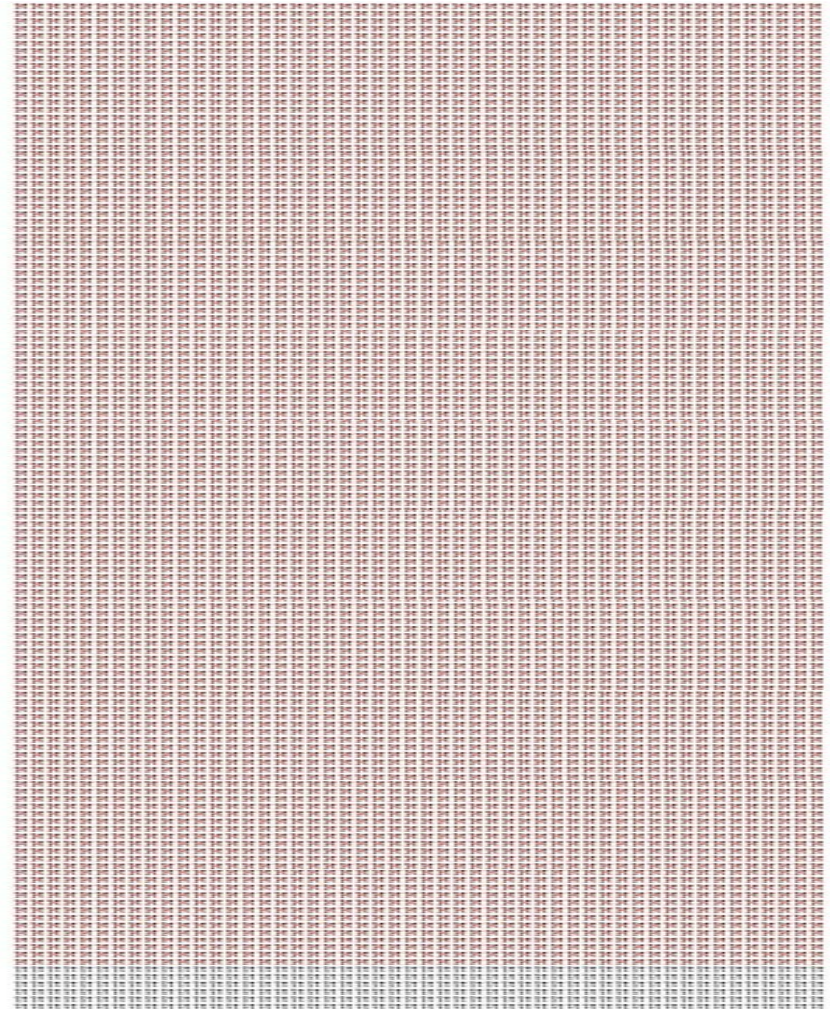




Evidence that life is short can be an interesting source of self-reflection.

Not everything in life happens
sequentially.

Oftentimes what matters most does
NOT happen sequentially.



Time is running out →

So remember...

- Your top priorities matter.
- Quality time and presence matters.
- Being close to the people you love matters.
- And the bottom line... **The route you traveled to this point no longer matters, for nothing can be done to change it. What truly matters is what you do from here—starting NOW.**

Look around,
and be thankful right now.
For your health,
your family,
your friends,
and your home.
Nothing lasts forever.
- marcandangel



Marc & Angel Chernoff

marcandangel.com

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