

# The Power of Positive Energy

with Jon Gordon, America's Energy Coach

**As seen on CNN, and NBC's *Today Show***

In 30 days, in front of millions of viewers, Jon Gordon, America's Energy Coach, transformed the energy and lives of several women on *NBC's Today Show*. Now, discover his revolutionary energy and life plan that is reinvigorating America, one person at a time.

Join Jon Gordon for an energy packed program as he shares his proven plan, inspirational stories, and innovative strategies to enhance your physical, mental and emotional energy. Jon will show you that by making just a few simple but powerful changes in your physical, mental, and emotional habits, you can build more positive energy, have less stress, find greater happiness in your life and career and cultivate your passion and purpose. Jon's promise to you is that if you can invest just 10 minutes a day in yourself and tap the power of the positive, contagious energy that you *will* get addicted to it... and you'll keep that energy flowing for the rest of your life.

As part of this program Jon will share with you mental, emotional and physical Energy Boosters that shift your thoughts, perception, habits, and energy to help you feel more alive and powerful. He will help you cultivate more positive energy in your life and show you how to let go of the negative energy, energy vampires and stress that is draining you both personally and professionally. Jon will help you become the CEO of your life and career... Chief ENERGY Officer. And he'll help you fuel up with daily purpose and enthusiasm—the ultimate fuel for a meaningful and energetic life.

Jon Gordon is the author of *The 10-Minute Energy Solution* (Putnam, 2006), *Energy Addict: 101 Ways to Energize Your Life* and a pioneer in the field of energy coaching. He has appeared on the *Today* show in a four-week "Energy Makeover" series, and he's also been featured in *Men's Health*, *Self*, *Woman's Day*, *Body and Soul Magazine*, *Redbook*, *Women's World* and in newspapers and on television throughout the country. Jon's e-mail newsletter is sent to more than 25,000 subscribers weekly, and he coaches thousands of individuals and organizations each year, including the PGA Tour, The Jacksonville Jaguars, Chubb Insurance, State Farm Insurance, United Way, and the Super Bowl Host Committee.

Visit Jon at [www.JonGordon.com](http://www.JonGordon.com)

“Jon Gordon is a master at teaching people the power of positive energy.”  
-Ken Blanchard, coauthor of *The One Minute Manager®* and *Gung Ho!*

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“Drawing upon the latest scientific research, Gordon convincingly makes the case for an evidence-based approach for energetic living. Just reading the book increased my energy!”  
-Robert Emmons, Ph.D., Professor of Psychology, University of California, Davis