



## An American Female Executive's TRUSTCard® Successes



I was introduced to TheTRUSTCard® almost 2 years ago (2011) and I have been using it daily ever since. Since I have, my life has improved more than I could have ever imagined. At first, I used it only whenever I felt stressed out about something; and it helped me get through the (worst) issues that were getting the better of me. Over time, I began using it, completely, as recommended on TheTRUSTCard® itself: e.g., 3 times a day when I am not under stress. What I have noticed since I expanded my use is that I've felt (even) better than I had in a long time; better than my prior, more sporadic use of The Card had produced. The beauty about TheTRUSTCard® is that you can feel better whenever you want to, just by pulling it out and using it "Until You Smile", exactly as TheTRUSTCard® directs.

On a more objective level, anyone in business while caring for a family knows how stressful making any big decision can be. This can be anything from which new (used or pre-owned) car to buy to what is best for your child, yourself, etc., and (at work) who to hire, who to fire and which promotion to seek and/or in which job to remain.

1

Whenever I use TheTRUSTCard® before I make a (big) decision, it still amazes me how it clears out any over-thought or over-emotional concern or worry I may have about the decision while at the same time helping me to identify the most important factors; then I make what time after time, proves to be the right decision. Because I don't have stress and anxiety influencing when and what I decide anymore, I take bold steps in the right direction without procrastinating and because of that, I know I have made better decisions than I used to before I had The Card. Having used it as many times as I have, even if one is not physically handy, (I can now easily do the Exercise in my head), I still make much better decisions than before; therefore I am stating here that it has permanently improved my decision-making skills through its use - and my results prove that emphatically. Even my colleagues comment!

Researchers and experts say that tired executives are far more prone to make mistakes (e.g., bad decisions) than those who get a good night's sleep. Fatigue can cause tired (single) moms to "over-parent" or "under-parent". I can't afford to do either in my life.

Therefore, as The Card recommends, I always use it as soon as I open my eyes in the morning. It gives me a positive outlook for the day. Before using it this way, I had days where I woke up and thought, "another day of the same grind" and had a negative outlook all day.

Ever since (for quite a long time now) I have been using The Card first thing in the morning, I feel like the day I am about to tackle is going to be fine and all the things I have to do in the limited time I have available will get done! I can handle my workload ... at home and work without being stressed out all day. No more emotional baggage!

I also use TheTRUSTCard® right before bed and this helps me sleep soundly. Before doing this, I'd always had (for years) very bad insomnia, but now I doze off right away. Using TheTRUSTCard® before bed, clears my head of anything I am over-thinking, and any persistent anxieties I might have about the next day (which used to keep my mind racing all night and prevented me from falling asleep). I don't speak for Interperson, Inc. but anyone who has insomnia, I can guarantee ... The TRUSTCard® will solve insomnia for you plus help everything else above. 2



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