



### **Left Brain Characteristics**

Logical

Organized

Scientific

Focused

Schedule/planning

### **Right Brain Characteristics**

Free Spirit

Spontaneous

Creative

Artistic

Carefree

*"David Essel is the New Leader of the "Positive Thinking Movement", I loved having him on my show, he opened up our eyes about the truth that's behind the reality of success!"*

**Jenny McCarthy, Radio Show Host, Actress, Author, TV Host**

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