

# The Power of YOU

It's time to recognize the power within You! Second Quarter 2010

**What lies beneath  
could take your  
breath away...  
Learn more on  
Page 6**

**What does it  
really take to be  
successful?...  
Find out on  
Page 36**

**Looking for  
direction in life?...  
We've got a tool  
you have to have!  
Page 40**

**Parents:  
How to stop or re-  
verse your child's  
unhealthy eating  
habits...Learn more  
on Page 20.**