

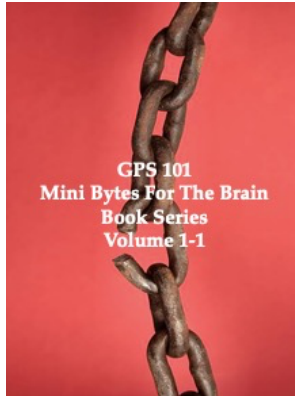
**GPS 101**  
**MINI BYTES FOR THE BRAIN**  
Book Series, Volume 1 -1  
“Changing Lives One Byte at a Time”

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**FOUNDERS**

**FRANCO & SERAFINA ANNA CIANFLONE**



Franco and Serafina Anna Cianflone former educators respectively in the United States and Canada founded Mini Bytes for the Brain Book Series.

Their idea was developed as a result of Franco’s work with so many people all over the globe and the realization that these books and live training programs inspired, motivated, and changed lives exponentially one byte at a time.

People changed the switch in their brain towards greater expansion, fulfillment, and service to others and increased their results in life and business thus the title of the book series, Mini Bytes for the Brain.

Their quest is to help as many people as possible not only with these books in numerous languages, but with a multitude of other contributors all over the planet so all may be able to access this valuable and life-changing information in a book series. Motivation is fleeting however motivation coupled with education creates amazing results.

In this light, Mini Bytes For The Brain was created in order to provide a book series that would educate and motivate people to pursue their goals, aspirations, and dreams. GPS 101 is the *first book in volume 1* in the book series.



**FRANCO CIANFLONE**

B.Sc. Ed. M. Ed. LSC CS

**MENTAL TOUGHNESS FOR LIFE**

Certified Corporate Trainer, Educator, Business Consultant,

Author & Entrepreneur

B.Sc. Ed. M. Ed. LSC CS

*“Words are only words but action speaks volumes”*

Franco Cianflone is a graduate of the internationally acclaimed Bill Gove Speech Workshop with a Corporate Speaker designation.

His extensive corporate training includes Bob Proctor, Paul Martinelli, and training seminars/sessions with Steve Siebold, John Maxwell, Les Brown, Tony Robbins, Mark Victor Hansen, and many others.

He is the author of 16 books to date and co-founder of Mini Bytes For The Brain book series.

GPS 101 is the first book in the series.

Fifty years of Education and Business leadership compliments his mission to transform and catapult the results of individuals everywhere on the globe as far as Australia.

His life mantra is, *“Others will be looking at the fire while you are walking through the fire towards your victory and success”*.

**GPS 101**  
**MINI BYTES FOR THE BRAIN**  
Book Series, Volume 1 - 1  
Published by Franco & Serafina Anna Cianflone

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**GPS 101**  
**Mini Bytes For The Brain Book Series**  
**Volume 1 – 1**

**GPS 101**  
**MINI BYTES FOR THE BRAIN**  
**Book Series, Volume 1 – 1**

The two most important days in one's life is the day they are born and the day they find out why. You were created for abundance and wealth and not lack and limitation. The higher side of your personality is always seeking greater expression and expansion.

Books, seminars, personal or professional development programs will not save your life.

If you believe that any of these resources will do this for you, then you are deluding yourself. However, applying the principles that are taught in any of these resources will absolutely save you many years of doubt, insecurity, lack, limitation and anything else that prevents you from taking your life and business to the next level intellectually, emotionally, spiritually, physically and financially.

Read this first mini book of Mini Bytes For The Brain, as it will create the seedlings of massive, proactive change in your life. Read this often and use it as a recipe for living your life by design. Understanding the contents of this book will absolutely help you immensely towards your aspirations, dreams, and goals. The results that you will experience will not only astound you but will create exponential growth intellectually, emotionally, spiritually, physically and financially.

In this first mini book, I will clearly outline how having life preservers will take your results to a brand new level as you will no longer allow present circumstances to influence your thinking, your decision making or present moment happiness.

**YOU WILL BEGIN TO FOCUS ONLY ON WHAT YOU WANT INTELLECTUALLY, EMOTIONALLY, SPIRITUALLY, PHYSICALLY, AND FINANCIALLY AND NO LONGER FOCUS ON PRESENT CIRCUMSTANCES AS PRESENT CIRCUMSTANCES ARE CONTINUALLY CHANGING AND DO NOT COUNT.**

**YOU ALWAYS GET WHAT YOU FOCUS ON AND YOUR THINKING AND SUBSEQUENT ATTITUDE DETERMINES YOUR FOCUS**

Amazing and glorious possibilities exist but most people will never see them in their lifetime. They are beautiful people but they are not aware. They claim that they are alive but they are the walking dead. They just haven't made it official yet. Unfortunately, they have accepted the status quo as gospel truth and feel that nothing will ever change.

Ronald Reagan, the 40<sup>th</sup> President of the United States said it best, *"Status quo, you know, is Latin for 'the mess we're in'."*

Change is inevitable but personal growth is optional. One must move from status quo lane in order to achieve greater results.

Mental toughness with compassion and understanding crushes all of the emotional barriers. Mental toughness doesn't mean being rude, arrogant, stubborn, intolerant, or tough.

Mental Toughness implies ones ability to compartmentalize.

You acquire the knowledge and mental strength in order to place issues or problems into very distinct and separate boxes without compromising your emotional intelligence.

The truth is that everyone wants to be, do, or have more. The only way to achieve this is to embrace information that resonates with your inner core. Internalize it with feeling and emotion and as a result, a burning desire will arise within. You will feel alive and vibrant. The explosive emotion in your mind, body, and spirit creates a volcano of powerful ideas. The blood flowing through your body is electrified with passion and purpose.

Yes.

You just woke up and experienced an explosive psychological impact.

The status quo in your life just died and you flipped the switch in your brain from default to design.

Before we begin this journey towards greater life in all areas, be certain that you want to stop the incessant drama in your life and take your life back according to your terms.

Basically, we can do anything that we want in this lifetime as long as we do not violate the rights of any other human being.

Therefore, please write in your journal **what you want not need** in this juncture of your life.

After you have completed this, write **why you want it** in this juncture of your life.

Writing causes, thinking, causes feelings, causes action, and ultimately causes results in your life and business.

Only one thing can prevent you from achieving the above.

## **FEAR!**

FEAR is false evidence that appears real. Therefore, Forget Everything About Resistance that is blocking your path.

Be curious.

Be adventurous.

## **Live by design.**

Make the leap and bridge the gap.

Be aware.

As you do this, you will only focus on what you want, desire and deserve and ultimately understand that present circumstances never count.

Anyone that has ever achieved greatness understands the latter.

Climb aboard with me now as I hand you the first life preserver. It's your journey and it's your life.

Read and understand these three life preservers that are contained herein and open the door to freedom.

Welcome to your spectacular journey.

It's been waiting for you a very long time.

## Life Preserver 1 The Two Freeways of Life

I'd like to talk to you specifically about these two freeways that we drive on each and every single day of our lives. We get up in the morning and choose either one of these two freeways that are going to determine our results for that particular day. I'm talking about the eighty-six thousand four hundred seconds that each and every one of us has every single day of our lives.

*"The greatest story of all is Colonel Sanders. He didn't start until he was sixty-six on a freeway bypass for his chicken shop. Anything is possible!" - Robert Kiyosaki*

Which freeway are you going to take today?

You can choose the ninety-seven percent freeway or the three percent freeway.

The ninety-seven percent freeway is absolutely congested.

It's bumper-to-bumper traffic that is riddled and fueled by what we call fear.

This four-letter word fear really represents false evidence that appears real.

However, it appears so real that it does a number on us every single day especially when our reptile brain is aroused.

This freeway is chosen by ninety-seven percent of the population.

Many beautiful people go out there and do their thing every single day.

What are they doing?

They're pushing this concrete wall one inch at a time, hoping to get the results that they really want. Actually, they're wishing for better results, but they're really thinking minimal results.

They don't know that they don't know.

As this freeway is fueled by fear, their results are capped.

A constant flow of what-ifs bombards their genuine efforts to move forward.

The other freeway is the road that is less traveled.

Only three percent of the population choose this freeway.

This freeway is absolutely incredible to drive upon because it provides all the necessary detours that are essential in order to drive one's purpose towards their ultimate destination.

This freeway is fueled by faith.

An example of faith is the mustard seed that can produce over eighty-thousand seeds; faith as small as a mustard seed.

My definition for faith is **fearless actions in trust and humility.**

You're going to act.

You're going to move out.

You're going to do whatever it is that you need to do every single day but you're going to do it in trust in yourself and in some higher entity or some higher creative force.

You're going to do it with humility.

What does this mean?

You're going to be doing it without blowing your trumpet.

You're going to do it in a spirit of expectation and gratitude.

You're going to move forward with your goals, your aspirations, your dreams but you're going to do it fearlessly.

You will feel the fear but do it anyway.

It's a personal choice that we undertake every single day of our lives.

You can choose the ninety-seven percent freeway or the three percent freeway.

The three percent freeway may be risky and creates many challenges along the journey but it is worth it.

If it's time to shake it up, choose your freeway carefully because you know that you want more in life.

If you don't disrupt the status quo in your life, someone else will and you will find yourself blindsided and we already know the real meaning of status quo.

So how strong is your belief in yourself?



Is any of this easy?

No, but if you do believe in yourself, you will become more confident, capable, competent and calm.

I absolutely love what I do and I get up every day with energy, passion, enthusiasm, and commitment for the vocation that I've chosen.

I am able to witness these incredible results that people receive.

These are folks from all walks of life just like you and I.

These people come from varied socioeconomic demographics and they want to be, do, or have more in their lives and businesses.

And you know what?

As I hand you this first life preserver, choose the three percent freeway because that's the one that really works after it's all said and done.

If I can do it, you can do it!

Begin now and empower yourself with this life changing information that will catapult you forward and Godward.

## **Life Preserver 2**

### **The Two Freeways of Life**

I'd like to take this opportunity today to talk to you about what I refer to as the 24/7 self-talk that exists in everyone's mind on the planet.

What is the function of this self-talk?

It provides continual dialogue to you 24/7 and 86,400 seconds of each glorious day.

Make no mistake. The dialogue that we all receive absolutely determines the results in our lives and in our businesses.

You have to decide what you're going to do with this dialogue that comes into your conscious mind.

You can accept or reject it. If you decide to accept it, then you should consider it to be fairly important information that's going to serve you proactively.

It all begins and ends right here.

You have a choice.

You can decide what you're going to do with this information. Most people are processing this information by autopilot and default.

What does this mean?

They're not really aware of all this thinking that is coming into their conscious mind. It's entering their conscious mind and they're just accepting it by default or by autopilot.

They don't know that they don't know.

The other choice is to take this thinking that's coming into your 24/7 self-talk and basically process it by design.

What does this mean?

You're going to determine absolutely right down to every specific detail of every single thought what you're going to do.

You're going to accept or reject it.

If the information does not serve you, then you must absolutely reject it.

If you do not reject it, then all this information is going to start manifesting into your life in terms of your results.

You must make a conscious effort 86,400 seconds of every single day to decide and choose what you're going to think about. Daily practice allows you to turn this into a habit and then you don't even have to think about it any longer.

You just do it!

If you're not going to choose your thinking, your autopilot and default programming will determine not only your attitude but all the results that you will ever hope to obtain in this lifetime.

You were created for abundance and wealth and not lack and limitation. The higher side of your personality is seeking greater expression and expansion.

You have a choice.

Only you can decide.

You can choose exactly what you're going to accept and what you're not going to accept.

You remain in control but you have to seize this opportunity and act.

I want you to understand that once you do this by design, you will begin to identify your trigger. Identifying the trigger that motivates behavior in your life immediately unleashes an unstoppable, creative force within you.

As soon as you create this unstoppable force, it motivates you to do absolutely everything that you desire and deserve. You might still feel the fear but you will have the energy and psychological stamina to persist.

You will begin to develop mental toughness.

Determination, openness, understanding, compassion, and purpose will be your mental toughness armor.

Choose your thoughts.

They ultimately become the unfolding picture of your life.

The clearer the picture creates more order, less fear, less doubt and less confusion.

The end result is amazing results beyond your wildest dreams.

The only ingredient that one needs is belief.

Grab onto this second life preserver and get ready for the ride of your life.

You deserve it.

Anxiety, doubt, fear and any other immobilizing factor on the planet will be crushed as you baby step towards your goal.

The best is yet to come.

If I can do it you can do it!

Seize this life changing opportunity that was endowed to us by our creator.

We're not talking about religion.

Rather, we are talking about living a spiritual journey in a physical body.

We are actually spiritual beings living in a physical body.

The only method of being true to our core is to understand that our thoughts ultimately dictate everything.

Yes.

Everything!

Become that spiritual sentinel and begin to live a vibrant, healthy, and spirit-filled life.

Henry David Thoreau said it brilliantly, *"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours."*

Advance confidently and expect the best, as the best is yet to come for you.

## **Life Preserver 3**

### **The Circle of Results**

I'm absolutely delighted to deliver this message to you today directly on the beach of Waikiki and on the beautiful island of Oahu in the state of Hawaii.

Ten years ago, I never imagined that I would be in this beautiful place doing exactly what I love, teaching people how to get more out of life.

This is the question!

Why is there such an incredible difference in the results that people experience? I'm sure that you have also asked this question many times.

There is a very specific reason why there is this huge, huge gap in the results that people achieve in their life and in their business.

There are two types of individuals on the planet.

They are beautiful people but the results that they obtain in life are extremely different.

Are you a conscious competent or an unconscious competent? If conditions and circumstances are controlling your results then you are living 100% on the physical plane of life via your sensory factors; see, here, smell, taste and touch.

Thinking is our highest functioning and mental activity does not constitute thinking. Your higher faculties are what separate you from all the rest of the animal kingdom.

The first type of individual is a conscious competent. This is an individual that is absolutely aware of the results that they receive. They clearly know why and how they obtain these results.

Understanding this allows them to continually work and live by design therefore achieving their desired results.

On the polar opposite, we have the individual that is the unconscious competent. These individuals still receive some results in their lives and in their business but basically they're operating by default and autopilot.

They're not working by design and therefore there is a yo-yo effect in obtaining results.

They are up and down intellectually, emotionally, spiritually, physically, and financially.

They don't know that they don't know.

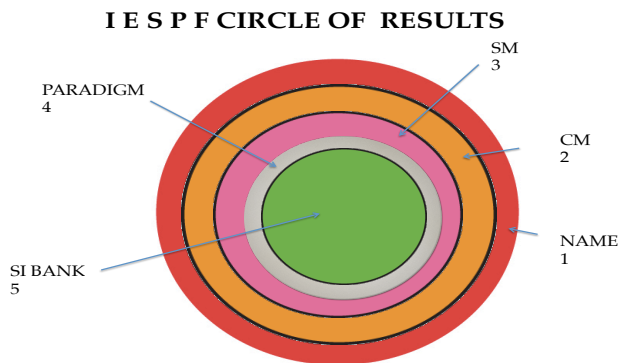
Isn't this what life is all about anyway?

Most people would think that this is the case however emotional intelligence will paint an entirely different picture that is more fruitful and sustainable.

Life is not always a walk in the park however understanding this material will help you get closer to the results that you desire and deserve in spite of your present circumstances.

The circle of results best describes the rationale behind these different results.

Let's imagine for a second. Let's draw this huge circle, whether you're on the beach, whether you're in your office, wherever you are on the planet.



This circle represents your 360-degree zone or your entire life as it is now.

What does this mean?

The large circle represents all of your results, intellectually, emotionally, spiritually, physically, and financially.

On the outside of the circle place your name.

In order to get the results that you want, we must dig deeper into this circle. Let's move towards the second, inner circle.

The second, inner circle is known as your CM or conscious mind. We can also call this the birthplace of your thoughts.

Basically, that's where all this dialogue comes into your headspace and that's where you get to choose what you'd like to do with it. You can either accept or reject it.

There's lots of information that's coming into your conscious mind every single day, 24/7 and 86,400 seconds.

The question is what are you going to do with this information?

Remember, the unconscious competent was working by autopilot or default however the conscious competent was working and living by design.

There's an incredible difference in the way that these individuals approach anything and everything in their lives. Their strategies are night and day.

Now, let's cut deeper into this circle. Let's move towards the third circle called the SM or subconscious mind. Call it the power center.

Call it the feeling center.

When the information reaches this part of your human personality there is no understanding whether something is real or imagined, big or small; no clue whatsoever.

Whatever information actually gets to this part of your personality and deeper mind will actually manifest into your life experience in what we call results.

The bottom line is that in order to get the results that we're after, we want to dig deeper into this circle.

Let's cut deeper and move towards the fourth inner circle past the subconscious mind.

The fourth circle represents your paradigm.

This is the programming that has shaped you over the years in terms of who you are and what you're absolutely capable of doing with your life.

All the events in your life good, bad, or indifferent have had an effect on this part of your personality.

This part of your human personality is manipulative, controlling, and absolutely dictatorial.

It calls all the shots every single day, 24/7 and 86,400 seconds.

Are you in a jail cell of lack and limitation?

Is it time to bust out?

You have the only key but your financial paradigm has this key securely tucked away.

It is known as the controlling X factor. But who wants to be controlled?

All over the planet people are screaming for independence and freedom from dictatorial forces.

Well, how does it have this power to control you?

In order to grab the third and final life preserver let's cut deeper into this circle of results. We're going to cut into one more layer.

Let's move towards our last layer of the circle known as the SI or self-image.

Call this circle your bank.

You want to input as much information into that part of your human personality because that's the part that's going to cause you to get better results in your life.

As you change the dialogue and input it into this part of your human personality everything begins to change dramatically.

Remember, the paradigm is the controller. It's a manipulative, controlling, and dictatorial force that calls all the shots whether you like it or not.



It is no different than a controller in a company. The controller dictates what's going to come in and what's going to go out in many different facets of that company.

All your efforts to move forward will be in vain as the controller has a history of controlling you. It basically has you in a jail cell and it has the only key.

The X factor paradigm will do anything to continue to control you and your desired results. Don't believe it? Just look at your results.

*"Understand this. X cannot be trusted. Your X factor remembers and reminds you. It's devious. It's insidious how devious it is. It will take any path. It has no rules. It will win at any cost. It does not want your Y factor to win. It does not want you to take over. For every failure, for every settling, for everything that's rote in your life, that's just not what you hoped it would be, that's your X factor paradigm assuring you that status quo is the way to go. But who wants status quo?" – Bob Proctor*

So let's cut even deeper into the circle. Let's cut deeper past the SI or self-image.

At the center of the circle is the internal thermostat. This is the part of your human personality that allows you to be unstoppable.

And guess what?

Now you get the results intellectually, emotionally, spiritually, physically, and financially. When you cut into this part of the human personality you've tapped into the three percent realm.

What does this mean?

You're basically unstoppable.

You do things that you've always wanted to do but didn't think you were capable of doing. The controller is dying now as the program that was sustaining the controller is now fading into oblivion.

You begin to change the way you process your thoughts. Mixing your thinking with feeling and emotion now allows the ideas to penetrate your subconscious mind that has no clue of what is real or imagined, big or small.

It just brings it to fruition because that's exactly how that part of the mind works.

This is called the creative process.

The subconscious mind executes but the paradigm is the controller. It controls absolutely everything that you want to do in your life. Again, you want to input as much great information into your SI or self-image bank in order to cause that paradigm to ultimately eradicate itself.

Due to lack of nourishment the paradigm is ultimately changed and finally eradicated. As you change the program, the paradigm that has been controlling you no longer controls you.

You are in control of what you're doing, when you're doing it, how you're doing it, and why you're doing it.

How do the three percent get the results?

It's simple and not rocket science at all.

They continually keep inputting information into the SI or their bank daily.

What kind of information?

Information that is fruitful and purposeful. Information that causes you to move towards what you want to achieve in your life and in your business.

When you get to the internal thermostat you have connected with your hot button. That's the stuff that causes you to move forward with your life in every way that you want.

The energy, the passion, the commitment, and everything else are now coming to the surface of your human personality as it was intended from birth.

The explosive emotion in your mind, body, and spirit now creates a volcano of powerful ideas. The blood flowing through your body is electrified with passion and purpose.

You are now capable of achieving anything and everything that you want in your life.

Why?

You were created for abundance and wealth.

Greatness!

This information is valuable. This information is worth everything to the right person at the right time.

Think about the circle of results.

Think about your own life.

Think about the results you're currently obtaining and if they're not the results that you want in your life, there is a way, a very feasible way to fast track towards getting the results that you want.

You cut through all these different layers until you finally get to the internal thermostat.

The internal thermostat is no different than a thermostat in your home. If it's seventy-two degrees and all of a sudden somebody opens the door and it drops down to sixty-eight, all one has to do is to go to the thermostat and crank it up.

The human personality works exactly the same way. The only difference is that you have to input different information into your bank, which is the SI or self-image.

Thinking causes feelings and feelings cause actions.

The effect is results.

Now you have the three life preservers.

They won't help you at all unless you use them.

If you use them, they will carry you to safety but the safety now represents more fulfillment, more accountability, more fun and more that life has to offer each and every one of us.

You have now left your comfort zone and entered a brand new realm of existence. It will be exhilarating and scary at the same time but it doesn't matter as the quality of life that you will experience now is well worth the effort.

What are you now willing to give up in order to get what you want?

There are approximately 7.8 billion people on the planet.

Two hundred and thirty-four million get this material and understand it. This represents three percent of the planet.

Therefore, until we treat the primary cause of our results we will never have permanent change.

The primary cause of our results is our thinking.

This really is the final piece of the puzzle.

Bob Moawad said it simply, *“The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on or blame. The gift is yours as it is an amazing journey and you alone are responsible for the quality of it. This is the day your life really begins.”*

When you can take full responsibility for all your thinking, all your feelings, and all your actions the world is yours. You owe it to yourself, your loved ones, your friends, your local community, and the greater global arena of life.

Don't die with the music inside of you.

Express your greatness and give humanity your talents, expertise, compassion, love, and everything that is inside that beautiful body that we call a human being.

It's called a being because it is a living organism with life and vitality.

Go out there and claim what is rightfully yours.

If I can do it, you can do it.

I am proud of you.

Go out into the world and show people who you really are and what you are capable of doing with your talents and energy.

See you at the top.

The view is great and you desire and deserve all of it good, bad, or indifferent.

Our thinking determines the value and quality of the circumstances that surround us.

You now know what to do.

Go out and do it right now and when someone says, *“How are you going to do that and where are you going to find the money or the resources?”*

Your reply will be very simple.

**NEXT!**

When life smashes you in the face, as it will from time to time, you now know what to do.

There is a whole, big, wide world of magnificence out there and you can have it but you must believe in yourself and persevere.

Declare your victory with confidence.

Onward and Godward.

Carpe momentum!

## AUTHOR'S MESSAGE

I hope that you enjoyed reading, GPS 101 as much as I enjoyed writing it and sharing these ideas with you. This work is a result of working with many individuals, companies, corporations, institutions and organizations all over.

This is the first book in volume one, Mini Bytes For The Brain book series in an eBook format.

It is only the beginning of your own personal and incredible journey. These ideas work but one must act. Knowledge is potential power but it only becomes real power when it is accompanied with decisive, deliberate and focused action.

Walt Disney said it best, *"Do what you do so well that they will want to see it again and bring their friends."*

The past fifty years has enabled me to enjoy many friendships throughout the globe via my experience as an educator, musician, composer, entrepreneur, corporate trainer, and author.

Trust is not easily given and it must be earned in order to develop lasting relationships in life and business. Anyone that has ever achieved greatness understands the latter.

Climb aboard the three percent bus now as we journey together on this incredible ride that we call life.

It's your journey and it's your life. Faith, hope and love will carry you towards your destination.

Welcome to your spectacular journey.

It's been waiting for you a very long time.

All the best and remember that there is no elevator to success.

We all have to take the stairs.

I look forward to your achievements.

## MENTAL TOUGHNESS FOR LIFE PEAK PERFORMANCE

*"Don't listen to the naysayers, as they haven't been through it. Get up one more time regardless of present circumstances, as others will be looking at the fire while you are walking through the fire towards your victory and success."* – Franco Cianflone

**MENTAL TOUGHNESS FOR LIFE SEMINARS DELIVERS THE RESULTS THAT INDIVIDUALS, PROFESSIONALS, AND COMPANIES DESIRE IN ORDER TO CONTINUE TO GROW AND PROSPER.**

This Peak Performance seminar will teach you how **not** to allow present circumstances from influencing your thinking, decision-making or present moment happiness that ultimately affects your results dramatically.

You will be taught to live and work by absolute design.

This is training that provides residual benefits for a lifetime.

People are taught what is preventing them from getting what they want and they become unstoppable.

This solid, engaging, interactive information will inspire change that impacts proactive performance.

Say goodbye to comfort zones, procrastination, and self-defeating behavior that undermines your bottom line and present moment happiness.

Reduce stress, anxiety, and other debilitating toxic energy that impedes your ability to perform at full throttle.

*"It has helped our team to understand that they have a larger potential. It has helped me to not accept the norm, and to push for greater results."*

- Curtis W. (CEO)

*"Putting these ideas into action will be life-changing. No more spinning wheels and only moving forward."*- Mike S. (Sales)

*"Allowed me to believe more in myself and expect more of others. No excuses."*- Dave C. (Manager)

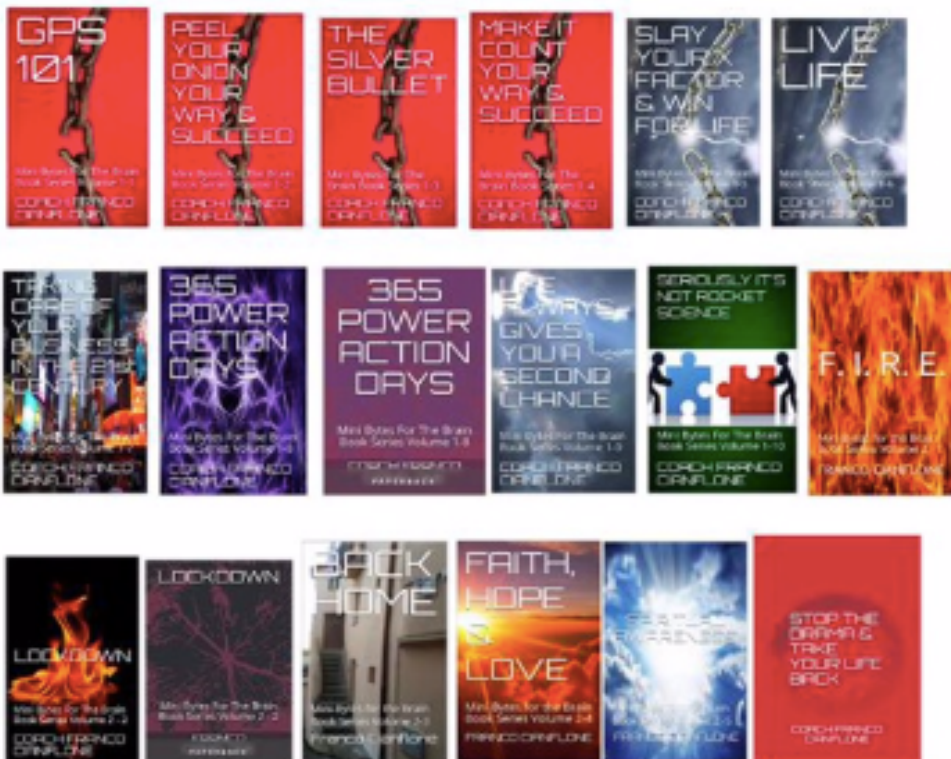
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BOOKS BY FRANCO CIANFLONE  
Published by Franco & Serafina Anna Cianflone

**MINI BYTES FOR THE BRAIN BOOK SERIES  
VOLUME 1 & 2  
FRANCO CIANFLONE**





## **Mental Toughness For Life Podcast**

<https://mentaltoughnessforlife.podbean.com/>

## **Mental Toughness For Life Publication**

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<https://francocianflone.substack.com/>

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<https://tealfeed.com/francocianflone>

## **YouTube**

<https://www.youtube.com/channel/UCnXLXITb4afATycFKLW0GgA>

## **Website**

[www.mentaltoughnessforlife.com](http://www.mentaltoughnessforlife.com)

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