

## **The Life Moments™ Makeover System**

**Linda S. Pucci, Ph.D.**

All of us have moments in our lives that are so significant they leave a lasting impact. These life moments may be positive or negative. These are moments that we attach great meaning to, often because they are accompanied by a strong emotional reaction.

Our lives are made up many such moments and they help shape us. Sometimes people don't think they have control of such moments, and that they are at the mercy of the things that have happened to them. This makes you feel like a victim of your life's circumstances—a victim of those life moments. In fact, these life moments are just that—they are moments in the long string of moments that make up your life.

If you have had life moments that have affected you negatively, you have the power to change their impact. You cannot change the moments themselves, but you *can* change the impact they have.

What makes these life moments so significant is that they are somehow emotionally marked in our memories. As a result they stay in our unconscious minds even if we forget about them and don't remember them consciously. Because they are still stored unconsciously, they continue to impact us. They are sort of like a computer virus, chugging away below the surface and messing up your best of intentions. They may have rewritten the life you planned to have. The good news is that you can change the impact these life moments have on your life. You can move from being a victim of your life's circumstances to being empowered to create exactly the sort of life you would like to have.

The Life Moments Makeover System™ utilizes how our brains process information and how we store memories. It allows us to neutralize the emotional charge of traumatic memories and allows us to create new meaning for those life moments.

Each life moment and experience have lessons to teach us, and often people mistakenly believe that they need to hang on to the negative emotion from those bad experiences in order to remember the lesson from it. For example, if a relationship ended painfully, sometimes people think they need to hang on to that pain and really remember it so that they won't be hurt in a relationship again. In fact, the lesson and the emotion operates (or should operate) totally separately from each other.

Or, people who have made a mistake sometimes mistakenly believe that they need to remember the emotion they associated with that mistake so that they will be less likely to make that mistake again. Again, that emotion of humiliation or hurt or anger or pain or guilt doesn't have anything to do with the lesson. You are perfectly capable of remembering the lesson without hanging on to that negative emotion.

The negative emotion doesn't really help you. In fact, it keeps you stuck in the past and feeling bad. When you let go of those negative emotions, but retain the lesson from those life moments, you can move on in your life, no longer negatively affected or "stuck" in the past.

No matter how long those life moments have been affecting you, you can let them go and move on. The Life Moments Makeover System™ takes you through a process to do that.

The real benefit to the Life Moments Makeover System is that it doesn't require you to spend 10 years rehashing the events in your past. It doesn't require intensive therapy and endlessly analyzing each significant life moment. While such exercises are intellectually interesting, they do little to change the impact these life moments are having on you.

The Life Moments Makeover System™ utilizes a specialized approach, individualized to you. You work both consciously and unconsciously with a specially trained, highly experienced professional to allow you to let go of negative emotions and limiting beliefs from those life moments that are impacting you.

When you let go of or neutralize those negative emotions and limiting beliefs, it clears the way for you to create the sort of life you really want to be living. You can then work to build the sort of career and the sort of lifestyle you deserve.

When you make over those life moments, you move obstacles out the way in your career, in how you view yourself, and in relationships. You can become more confident, more sure of your decisions, more able to pursue your life's purpose, more able to achieve at the levels at which you are really capable. You can rediscover the joy that has been buried. You can finally have the life you crave.

What would YOU like to be able to do? What has stopped you? Is it possible that you have life moments that have kept you stuck? What is something that has seemed impossible? Would you like to be able to do?

If you would like more information, contact Linda Pucci, Ph.D. at the Inner Resource Center, LLC by phone at 865-983-7544 or by email at [Linda@InnerResourceCenter.com](mailto:Linda@InnerResourceCenter.com) . I'll be happy to talk with you about how the Life Moments Makeover System™ might help you.