



THRIVE

Living a more vibrant life



Thrive - A Live Online 8-Week Journey Toward a More Vibrant, Fulfilling Life

Are you surviving or thriving? Is your life a repeating wheel with never-ending to-do lists? Or are you perhaps going through your days but feel somehow that you are not living life the way you want to?

My name is Brynn Elizabeth Hadler. Former tech marketer, UC Berkeley MBA, mother of two teenagers, 17-year cancer survivor, and meditation teacher. I'm inviting you to join me on an 8-week journey of meditation, mindfulness and connection to help you create a more fulfilling life and literally(!) tap into your own inner wellspring of vibrancy and thriving.

"We cannot look externally for happiness. No one and no thing can make a person happy. Happiness comes from the inside. It's a decision. It's a mental state – or it's the 'no mind' peace of meditation. Joy stems from within us and bubbles over, spilling onto the outside world.

Brynn Elizabeth Hadler

Why join me for this series? Well, I could list the numerous books I've read or the many courses I've completed - including the Science of Mindful Awareness meditation training program, the Mindfulness Based Stress Reduction program (based on Jon Kabat Zinn), The Rao Institute's Creativity and Personal Mastery program, and much work with Brandon Bayes' The Journey Program. However, my greatest teacher has been cancer.

A life-threatening illness makes a person question everything. What is truly important? What does it mean to be fully alive? How often are we just going through the motions in life, but not really living? Why is that? Can it be that we are afraid of life?

My experiences have taught me subtle things. I'd like to share some of those things with you.

How do we break out of the day-to-day grind? How do we find the motivation to instill healthy habits and rise above the blahs—boredom, stress, even that subtle layer of anxiety or low mood? How do we reignite the spark within?



LIVING A MORE VIBRANT LIFE

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We know quieting the mind helps. But when do we actually have time for that? And if we found the time... could we really do it?

Your inner state is the most important thing in your life. It shapes your happiness, your energy, your health—everything.

Join us now and watch yourself shift from surviving to thriving.

**Thrive with Us
Now!**

What you receive:



YOUR INNER STATE IS THE MOST IMPORTANT THING IN YOUR ENTIRE LIFE.

It is more important than what's happening around you, or even in your body. But how do you access it? How do you go deeper, to live a richer, more fulfilling life?

The answer is—there are several paths. One of the most powerful is meditation. According to Psychology Today, meditation is one of the strongest practices for increasing your happiness set point and rewiring your brain for greater joy (and less stress!).

Join me on this 8-week journey of meditation, mindfulness, self-awareness, and transformational inner work. Don't just go through life. Become truly alive. Relish life's richness and beauty. Awaken your serenity and creativity.

- 8 live online group mindfulness meditation and visualization sessions plus
- 8 recorded meditations for home practice
- 8 live online guided emotional freedom technique (tapping) sessions to help re-program old patterns that no longer serve you
- Weekly talks to help you transform your mindset, and hence your life
- Optional weekly exercises to help you master various concepts
- A supportive community and connection with like-minded souls

Get in touch:

**<https://healthadventurer.com>
hello (at) healthadventurer.com**

P.S. If researchers can measure decreases in the stress hormone cortisol after only four days of meditation, imagine what 8 weeks will do!