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# This emotional “baggage” expert has cracked the code on why it’s so hard to change our ways... where fears come from... and what to do about it!

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**There is a shocking, untold truth about what is in our way.** Did you know:

- In the average adult 97.4% of all our total thoughts are baggage? (AKA “Negativity”)
- 95% of these are on autopilot... creating the same old negative, limiting habits every day
- This amounts to more than THREE MILLION negative thoughts
- ONE MILLION of which are there by the time you’re five...
- Making it nearly impossible to identify them with traditional personal development methods

Amazingly, Pam Ragland has cracked the code of where all this baggage comes from, how to eliminate & prevent it. Not only that, she has also developed a proven system to erase it ALL—without needing to know your issues or where they came from. There is no need for the client to do anything themselves to get rid of them. Their slate is literally wiped clean of “negativity” for them.

**Thought Shifting™** will be one of the most talked about methods on the planet over this next decade. People can literally transform effortlessly, almost over night. There is nothing else like it.

**Pam Ragland** is an internationally known Thought Shift™ expert, speaker, author, & teacher. Her passion is revealing the "Masterpiece" she sees in everyone, allowing people to freely live their highest purpose & potential.



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## Show/ Story Ideas

- 1- How much “negativity” we have & how that makes it so hard to change
- 2- How parenting impacts the baggage we have today... and how to prevent it in our kids
- 3- How “negativity” keeps us from being on purpose (and why most people are not)
- 4- How “negativity” impacts our pets
- 5- How “negativity” impacts phobias & how simple it really is to help people with them
- 6- Why most personal development methods out there today take so long... and how to do it much faster
- 7- How “negativity” impacts things like ADD, addictions, aging, & disease... and how effortless it is to help people
- 8- Why it’s almost impossible to make the money you desire with baggage
- 9- Why in the “land of the free & the home of the brave” we aren’t really free or brave... we’re trapped by our thoughts
- 10- How it’s possible to effortlessly remove the trauma from victims of all kinds – molestation, crime, and even past painful situations

**Because this issue impacts so many areas, there are a multitude of topics.**