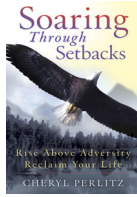


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*Soaring Through Setbacks...*  
*Rise Above Adversity...Reclaim Your Life*  
***A book about dealing with grief, career changes  
and other major transitions***

Cheryl Perlitz  
author/ speaker/ facilitator

**Do what the centenarians do -  
Deal with change and loss - live long – and prosper  
By adopting the Adventure Attitude™**

Of the 60,000 people who lived to be over 100 in the United States in 2002, the single most important characteristic they had in common was their ability to deal with loss and grief and become positive in the face of change. They were able to look at things objectively, put them in perspective and move on. They didn't try to control the uncontrollable. Surviving, thriving and living a long happy healthy life may just depend on your ability to develop the Adventure Attitude.

The adventure attitude is about taking the challenges in your life and making the choice to look at them as an adventure. As a mountain climber, I see mountains as powerful, awesome, and majestic wonders of nature that beckon us to accept the challenge of the climb. Climbing the mountain is about trying new things, seeking new adventure, and expanding your life. The adventure attitude allows us to climb our personal mountains with positive attitude, energy and creativity. It allows us to deal with adversity by seeing possibilities in the impossible, thus finding solutions to problems, and finding new direction.

The adventure attitude is:

**Being positive in the face of the negative.** We can choose to see our glass half empty or half full. We can deal with setbacks by looking at them with a sense of wonder instead of a sense of scorn and try to see where the new path will lead us.

**Living in the moment with passion and energy.** In mountain climbing focusing on the path we are taking step by step allows us to notice all the small things we encounter along the way. If we slow down and appreciate each moment, each moment has more meaning. It allows us to live life to the fullest.

**Always being open to learning new things.** The more we learn, the more we seek to learn. The world opens up when we are learning. Curiosity that leads to new learning awakens the passion in your life.

**Accepting the mountain and the challenge** as an opportunity for positive change. Stretching yourself out of the comfort zone mentally and physically, makes the comfort zone that much larger and allows you to stretch even more. The world outside the comfort zone is a world of immense possibilities that opens little by little as you challenge your personal boundaries.

**Thinking like a child.** The adventure attitude is about looking at life much like a child looks at it. As a child reaches for something he wants, he is excited and positive; rarely discouraged by defeat. He is flexible enough to change focus and sees possibilities in every direction. His options are open. He isn't afraid to make mistakes or concerned about pleasing someone else. The fire in his eyes and energy in his step tell it all. Life is a fun game, and anything in his path can become part of it.

**Having faith** that you will get the support that you need when you need it. **AND YOU WILL....** From friends, family, and God. All you have to do is trust, let go of control, and ask for help when you need it.

**The result of living with the adventure attitude is personal balance, joy, and a life of possibility.**

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Cheryl Perlitz is the author of the inspirational book "[Soaring Through Setbacks - Rise above adversity - Reclaim your life](#)" the on line training program "[Working through Setbacks....The Path to Positive Change](#)" and is co-author of [Getting Things Done – Successful Women Speak](#). As a dynamic speaker and facilitator, her inspiring, fun and motivational stories help listeners and readers to "TRANSFORM THEIR MOUNTAINS INTO OPPORTUNITIES FOR ADVENTURE AND POSITIVE CHANGE."

Cheryl is not a therapist, or medical doctor. She does not have a PHD or an advanced degree in psychological theory. She is a regular person, like most of us. She is a sought after talk show guest because of her easy casual style, her ability to tell wonderful stories that the listeners and readers can relate to, and her understanding and compassion for others.

If you would like to hear more about this topic, and/or more detailed SURVIVAL TIPS for surviving setbacks contact Cheryl Perlitz: [cheryl@SoarWithMe.com](mailto:cheryl@SoarWithMe.com)

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Cheryl is available for last minute interviews