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For Immediate Release



Overcoming Adversity

No matter your age, profession, marital status, health profile or income, you will face it. It's inescapable and ubiquitous. That's right, it's adversity.

It comes in every imaginable form, sometimes chronically, sometimes so suddenly it rocks you into a new dimension, one with which you have no experience or familiarity. From deadlines to divorce, bullying to bankruptcy, foreclosure to family tragedy, it's part of being human. Our work and personal lives are rife with it.

So how do we face adversity, climb the mountain of challenges to overcome, succeed, and thrive? I know, you don't want mystical answers. You don't want to sit in a sweat box or be lectured about some God born two years ago on Jupiter. You want to cut the crap and figure your way out of whatever mess you're in. You need a road map. You need direction. You need tools.

Well, Mick Kronman is here to help. Thirty-seven years ago, Mick was diagnosed with total kidney failure-a death sentence by most standards. But since then, through three years of dialysis and four kidney transplants, he has thrived, with a wonderful family, great friends and, as Harbor Operations Manager for the City of Santa Barbara, a great job. (He also spent much of 1970 in state prison-another little adversity to overcome, but you'll have to hear his presentation to learn about that one).



Through his life and challenges, Mick has learned what it takes to face down and overcome the unthinkable. He'll be here on October 25th to tell us how he did it and how you can, too. No mysticism, no hocus-pocus, just solid, "how to," step-by-step advice for addressing any and all forms of adversity. Think of it this way: A You Tube video on how to change your brake pads. Now, change the break-pad comparison to adversity and you've got the idea!

Rest assured, this is a session you don't want to miss, and you will come away with tools that carry a lifetime guarantee.

The Marine Recreation Association is a professional organization that represents marina owners, operators, and industry professionals located throughout the western United States with additional members in Canada, Mexico, and Australia. Created more than 46 years ago, the MRA actively promotes and represents recreational boating interests while providing educational, management, and operations seminars and information for marine industry owners, operators, and staff.

For additional information about the MRA, and all of its activities and interests, please contact Mariann Timms by phone at (209) 334-0661, email at mra@marina.org or go online at <http://www.marina.org>.