



What Mind Games Are You Playing Inside That Head Of Yours?

America's Top Expert on Mental Well-Being, Kindness, & Positive Self Talk Can Guide You To Becoming Your Best Self In *Any* Circumstance

No matter what your position in life, you need to be at the top of your game in order to be good at what you do. How is that possible if you're consistently engaging in negative chatter inside your head and getting trapped in self-defeating behavior?

Dr. Carlin has been consulting with Fortune 50 companies, education, government, politics, hospice, family businesses, and private individuals for more than 2 decades.

As a lifelong entrepreneur, she understands the value of needing to provide tangible results to her clients. She has a non-stop commitment to reaching goals that create the best version of whatever the focus is-and doing it with smart strategy alongside effective levity.

Life is short; it is essential to be happy in addition to productive.

Dr. Deborah Carlin

Psychologist
Lifelong Entrepreneur
Business Consultant
Radio Show Host



Story Ideas

DIVERSITY AND INCLUSION

The courage to love is at the core.

IMAGINE IF YOUR FIRST THOUGHT IN THE MORNING WAS THANK YOU

The practice of gratitude is not a fad, it is a life changing habit

THE TRUE VALUE OF MONEY AND WHAT IT MEANS TO EACH OF US

5 tips to enhance your fiscal comfort zone and your financial position

BULLIES BEYOND PLAYGROUNDS INTO BOARD ROOMS AND MORE

How to recognize and defeat bullies wherever they gather

WHEN YOUR LOVED ONES COMPLAIN YOUR WORK COMES FIRST

7 Tips to change their perspective and yours

THE FAITH FACTOR AT WORK, HOME, AND PLAY

Why learning how to believe beyond this life is prognosis positive

ATTITUDE IS EVERYTHING

Life is all about your attitude--5 steps to your best you yet



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