

MICHAEL BENNER

Author:

*Fearless Intelligence — The
Extraordinary Wisdom of Awareness*

CONTACT

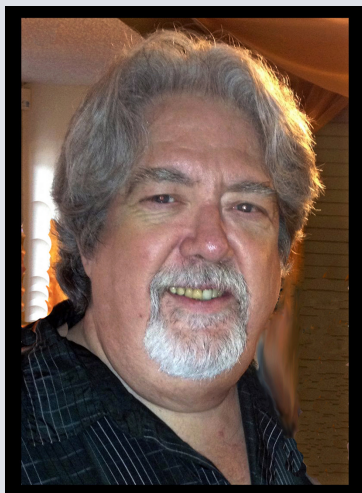
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BIOGRAPHY

MICHAEL BENNER is best known for his popular Human Potential radio programs in Los Angeles on KABC-AM, KLOS-FM, KLSX-FM, KCBS-FM, KRLA-AM, and KPFK-FM. As a result of writing a breakthrough self-awareness training for the Orange County Sheriff's Academy, Michael published "Fearless Intelligence" featuring practical tools for developing awareness, mindfulness, emotional intelligence, and critical thinking.

THE EXTRAORDINARY WISDOM OF AWARENESS

MICHAEL BENNER = Author, Radio Talk Show Host, Journalist & College Instructor.

- Awareness of our thoughts allows us to replace negativity and stress with even-tempered, well-reasoned understanding.
- Awareness of our emotions empowers us to recognize the meaning of our hurtful and upsetting feelings.
- Awareness of our behavior permits us to substitute conscious, deliberate action for reflexive reactions.
- Awareness of our perception reveals the goodness, truth, and beauty of Life without the distortion of stress and preconditional beliefs.

TOPICS & ISSUES

- Emotions are not done to us. They come from us as personal responses to events, and circumstances.
- Fear is not a response to danger, but to unawareness, confusion, and ignorance, especially about our Self.
- Heartache, grief, and anger are symptoms of fear and low self-awareness.
- We call them negative feelings only because they hurt, but in fact, they can be helpful aids to understanding why we're so frustrated, irritated, and humiliated.
- Expanded awareness can be learned with stress reduction and mindfulness.