

Winning the Battle in Your Mind with Laura Eiman

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, Connie will impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean her expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

Navy Seal Certified Mental Toughness Coach, Laura Eiman knows struggle and bondage. A sugar addict and junk food junkie for forty-five years, she was overweight, newly divorced, without direction, and unemployed.

At rock bottom, she began studying the mindset of Olympic athletes, Navy SEALs, and Greek philosophers. She developed a unique mental toughness program to overcome her negative attitude, lack of direction, and life-threatening sugar addiction once and for all. And she got results!

In this episode, we hear how Laura broke free from her addiction and transformed her mind and her life. She sparks hope and inspiration for those who are struggling with negative emotions, thoughts, and life circumstances, and empowers people to win at whatever they put their mind to.

In this Episode, Laura:

- Recounts the moment she tossed her cookies aside at a neighbor's house, and decided to become tough like a Navy Seal, thus transforming her life.
- Shares the process of learning, understanding, and integrating the mental toughness strategies, tips, and techniques she learned from her studying and training with Navy Seals
- Discusses her 4 step Mental Toughness Program and how to apply it to your life to break free from toxic habits and live a healthy, empowered lifestyle.
- Shares how the blame game and needing to be right plagues our quest for self-development.
- Inspires us to live from a victorious mindset instead of playing the victim.

Laura Eiman is a recovering sugar addict and junk food junkie who shouldn't be alive today. Her epitaph would have read "Death by doughnuts and Dove Bars.

Twenty years ago, overweight, newly divorced, without direction, and unemployed, she began studying the mindset of Olympic athletes, Navy SEALs, and Greek philosophers. She developed a unique mental toughness program to overcome her negative attitude, lack of direction, and life-threatening sugar addiction once and for all. And she got results!

At the age of 68, she is 21 years sugar-free, mentally strong, and vibrant, and is winning in many areas of her life.

She is now a Navy Seal Certified Mental Toughness Coach for Corporate Executives and College Students so they can think like a Navy Seal and develop the habits of an Olympic Athlete to win at work and in their health and wellness!

Quotes from this Episode:

"I was tired of being sick and tired." – Laura Eiman

"I hated myself and I hated my life. That's when I thought, this is not right." – Laura Eiman

"Change happens when the pain of change is less than the pain of staying the same." – Laura Eiman

"I really wish that somebody had taken me by the shoulders and said, 'you're being a victim and that's stopping you.'" – Laura Eiman

"We can't control what's going on out there, but we can control what's going on in our minds." – Laura Eiman

"I'm talking to myself all day long and we all should do it." – Laura Eiman

Resources:

Website: <https://www.lauraeiman.com/>

Facebook: <https://web.facebook.com/lauraeimanB4B>

Instagram: <https://www.instagram.com/lauraeiman/>

Golden Timestamps:

16:16 – 16:53 – Adapting to the practice, the ways and the mindset of a person who you admire that will work wonders for your behavior, decision-making, and more.

54:14 – 54:547 – The essence of changing one's attitude, belief and mindset that will transform one's outer perspective and view of life.

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