

Friends & Fun

Presented by Bob Czimbab

Fiends are special people who encourage your growth, enrich your self-esteem and by their presence give comfort.

Friends bring out the best in us and have a positive effect on our health and happiness. They teach us something about love and life that no one else can. Imagine what would be possible if you had several friends committed to helping you make your dreams come true? Join us in learning the art of friendship.

Topics

Being a good friend to yourself
Developing virtues
Making new friends
Communication skills
Appreciation and mutual caring
Friends and crisis
Respectful touch
Shyness, loneliness and rejection
Fun and friends.

Since 1970, Bob Czimbab has given dynamic presentations to international conferences, corporations, small businesses, universities, hospitals, government agencies and schools. His professional career includes work as a Sociologist, Community Planner and founder of the Cherry Grove Retreat Center. Currently he is the director of The Abundance Company.

Bob delivers a universal, lighthearted message about success, health and happiness. His presentation style is blend of information, stories, skill-building activities, group discussions, interactive exercises and action plans.

Bob is the author and publisher of: *The F.I.T.ness Game: Everybody Plays...Everybody Wins!*, *Stress Survival Kit: 52 Stress Management Tools*, *Vitamin T: A Guide to Healthy Touch*, *Kindred Spirits: The Quest for Love and Friendship* and *The Birthday Appreciation Kit: 30 Days of Celebration*.

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