

## The Top 10 Reasons for joining Think about Thinking™ (TaT):

### 1) **NEEDED**

More than ever true prevention of despair and harmful acts is needed. This is achieved when one gathers, exercises and utilizes wisdom when one is in a *healthy state*. TaT supplies hundreds of resources from MANY various sources to help us all in becoming our optimum selves.

### 2) **UNIQUE**

TaT Resources are very unique and derives from very diverse sources. All materials are researched and organized in a manner that is designed for maximum learning retainment – no interrupting advertisement nor distracting commercials.

### 3) **EXPERIENCE**

The best way to experience TaT is to join, However, to check it out beforehand, just register for a TaT Sample Session and a Tour through the TaT site [ ThinkaboutThinking.com ] on page: 'EXPERIENCE'. Of course, if you receive an invitation registration from a TaT Member you are very welcomed to attend with that person. Because of the unique individualized freedom of Think about Thinking™, every member's experience is beneficially different.

### 4) **AFFORDABLE**

We have recently designed a unique payment system that literally *enables everyone* to afford it.

### 5) **TIME**

TaT fits all timeframes. It is a self-guided service that is accessible at all hours. Members decide how long to spend and what to watch, read and/or attend. The Positive Practice videos average at 2.5 minutes; the Presentations average at 15 min. (some are divided into parts). The live sessions and TaT Talk Forums average at an hour and other Live Events vary.

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## 6) **INDIVIDUAL**

There is a lot more to TaT than on-line meetings! You decide on the TaT Experiences that you want to have with videos, articles, supplemental information and live events. Though we do love our on-line Live events because they eliminate all location barriers for getting our members together.

## 7) **HEALTH**

Think about Thinking™ (TaT) is an on-line service that provides resources for ensuring emotional health maintenance. TaT is NOT a counseling program; we do not give advice nor individualize information. Our members are intelligent, positive, logical, creative, giving, friendly and open-minded. Those experiencing despair need to seek the care of mental health Professional immediately- TaT is not that.

## 8) **INCLUSIVE**

TaT does not separate or segregate on religion, race or sex. We are an inclusive service for all humans wishing to gain ways to better control their own thoughts, emotions and actions.

## 9) **COGNITIVE**

All ideas are sorted and researched to validate that they are worthy enough to build out. This process typically involves scientific studies as a source. So, yes, we do have a strong cognitive side in our development.

## 10) **EXCLUSIVE**

The TaT Member site has a vast assortment of exclusive wisdom resources that continues to expand to best meet the needs of our members and society. The public side of the TaT site only provides conceptual understandings for what Think about Thinking™ is and why it is needed.

**\*These 10 reasons were provided by TaT Members**