

# MICHAEL BENNER

Author:

*Fearless Intelligence — The Extraordinary Wisdom of Awareness*

## CONTACT

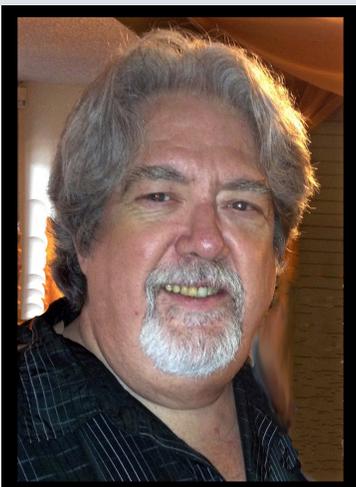
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## BIOGRAPHY

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 KPFF-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.