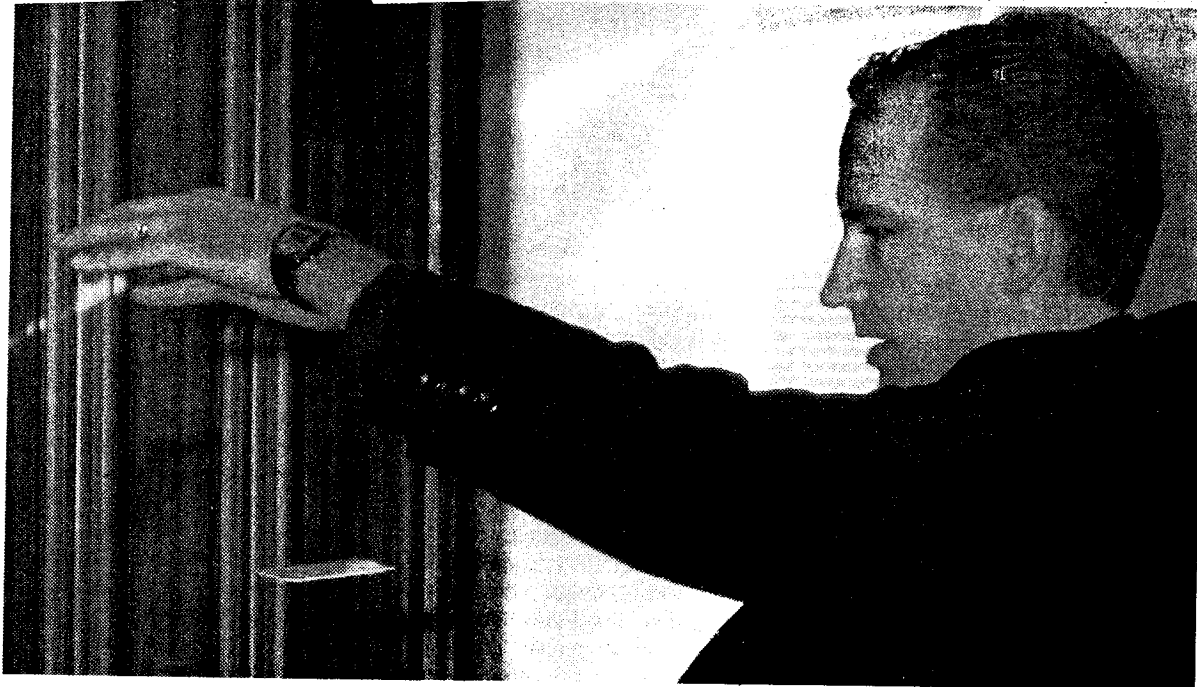


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Showing the illusions can be self-defeating, Doug Nielson levitates a credit card at the Business Symposium.

Illusions expose self-defeating traits

Using illusions to expose illusions is what Doug Nielson does best.

During Tuesday's Business Symposium, Nielsen, psychotherapist from Salt Lake City, pulled balls out of thin air, floated a credit card and breathed flames to help expose some of the self-defeating illusions such as envy, discouragement and procrastination.

"If you are not passionate, then find something to be passionate about," he suggested.

He used Viktor E. Frankl's example in Nazi Death Camp as a reason

to rise above our challenges: "Everything can be taken from a man but...the last of the human freedoms — to choose one's attitude in any given set of circumstances, to choose one's own way."

Frankl was a renowned medical doctor, but because he was Jewish, he was placed in a Nazi Death Camp. As he watched people in the camp, he wondered what made some people perish and others do okay. He concluded that the difference was attitude.

Challenges are there for a reason

— to teach you, Nielson said restating what Frankl had taught him. "Kindness is the principle ingredient to happiness."

"Take a risk every day, it is healthy," he said.

During a break out session Nielson stated that the future will belong to those who can out-perform and out-service their competition.

"Much like rays of light being focused into a powerful laser, so too is the power of focus."