



THE EXCHANGE

*A WEEKLY PUBLICATION OF
THE DALLAS BUSINESS ASSOCIATION*

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October 15, 2019

TED talked at Tuesday's meeting via Susan David, a Harvard Medical School psychologist, who studies emotional agility: the psychology of how we can use emotion to bring forward our best selves in all aspects of how we love, live, parent and lead. Drawing on more than twenty years of research in the field of behavioural science, David reveals how 'emotional agility' is the key to flourishing in work and life. She says: "The discomfort associated with emotions is the price of admission to a meaningful life".

This Tuesday's Speaker: Connie J. Smith, DDS – CBD Oil – What is it about?

Notes and Announcements

TUESDAY'S MEETING LOCATION: Field trip to Connie Smith's office: 5925 Forest Lane, Ste 209, Preston Forest Tower – northwest corner of Preston/Forest.

New Permanent Meeting Location: Beginning October 29th DBA will meet at the Crossroads Diner, 17194 Preston Rd #101, Dallas, TX 75248. Northeast corner of Campbell/Preston. Thanks to Steve for securing this location.

SAVE THE DATE: November 12th – social at Lynn Hood's home.

Of Member's Present at last meeting: 11. Leads Received: 1; Leads Given: 2. \$ Amount of Business Given: \$135.00 \$ Amount of Business Received: \$15,100.00.

MEMBERS ABSENT: Darrell Blank, Prissy Maher, Bob Nienstadt, and Bob Sheeley.