



## **My Support Guide™**

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This Guide Belongs To

**MrSupportFriend.com**

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## **My Support Guide™**

### **Introduction**

Hello, my name is David Bryant, “Mr. Support Friend!” I’m an MSF Certified Support Friend & Coach and the author of My Support Guide™. Over the years I’ve provided my insights, support and friendship to people of all ages and backgrounds with the intention of making a difference in people’s lives. I have a very interesting life story that has led me to be the person I am today.

I was born in 1960 and faced a lot of discrimination growing up due to the fact that I am biracial (Black & White). This taught me a lot about the human race and human behavior. I learned how to deal with obstacles and not allow the obstacles to get in the way of me achieving my dreams and goals in life. In addition, my parents were very supportive of me as a child and that helped me develop a strong sense of “Self-Worth and Self-Value.” All of these things helped me to succeed in my personal life and career, as well as overcome obstacles and disappointments I experienced in my adult life.

People often tell me that I’m REAL, GENUINE & SINCERE, and since I was a young boy I’ve always had the ability to make people feel comfortable by just being me. My mother told me I used to settle disputes between kids in the sandbox. I’ve always been a kindhearted person who cares.

In my 20’s I became a very successful songwriter writing songs for music artists including Whitney Houston, Janet Jackson, Jody Watley, Eddie Money, Dionne Warwick, Vanessa Williams and Smokey Robinson to name a few. In the middle of my successful music career I got very sick and had to stop writing songs. This was a huge disruption in my life and affected my health, my finances and my social life, but I never allowed it to affect my mindset because I always visualized myself getting better.

I learned a lot about life, people and overcoming obstacles from my childhood experiences, the music industry and my health challenge. I also understand the value of surrounding yourself with quality People, Professionals, Business Owners and Resources. It really can lead to wonderful things. This is why I’m so passionate about Support & Friendship, Wellness & Money, Personal Development, Music and helping people achieve their Dreams & Goals.

I hope you find My Support Guide™ Helpful & Empowering and I encourage you to connect with My Support Friends and I to see how we may be able to support and empower each other.

Keep Shining & Have A Wonderful Day!



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## **My Support Guide™ Introduction**

**“Listen to the Dream Makers,  
not the Dream Takers!”**

**- David Bryant “Mr. Support Friend”**



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## **My Support Guide™**

### **Introduction**

**My Support Guide™** is a guide and workbook of support and empowerment tools, resources and support systems that can be used to empower, encourage and support:

1. Youth, Adults & Seniors
2. Parents, Teachers & Coaches
3. Businesses, Groups & Organizations

This 95 page guide includes 16 Support Sessions that are designed to support and empower you in important key areas such as personal development, values, success habits, health and wellness, finances, overcoming obstacles, communicating, and attracting quality friendships and relationships that can assist you in achieving your dreams and goals.

You can support yourself and/or others with all the tools, resources and support systems in this guide, or focus only on the areas of the guide you have an interest in.

You are encouraged to review the contents of this guide on your own, or with others, in hopes that it will assist you in achieving your dreams and goals.



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### **Thank You!**

Thank you for taking the time to review this guide.  
If you have any questions about the information, tools,  
resources and/or support systems in this guide please contact:

**David Bryant**

**“Mr. Support Friend!”**

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