

## *Finally, stress reduction that works!*

*“I feel that I’m thinking clearer and am more efficient at work and at home. I don’t feel as overwhelmed by tasks as I have been in the past.”*

□ J.D.

*“I have started to feel a lot happier. I am even coming in to work whistling, and this (HeartMath) is the only thing I have been doing differently. I am not nearly as tired and grumpy.”*

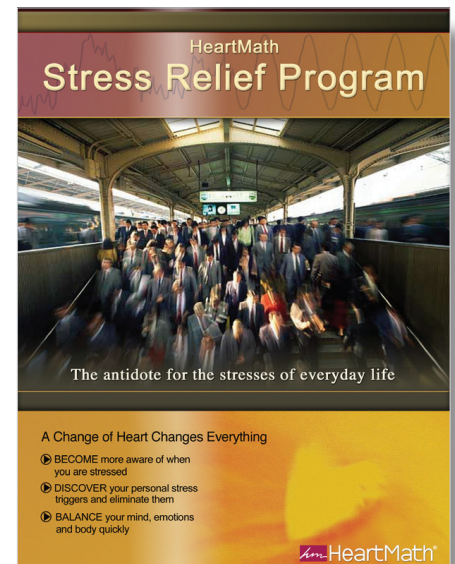
-Anonymous

In today's stressful world finding something that works to relieve stress and limit the impact stress has on your body is like finding a goldmine. This program shows you how your physiology can respond differently to stress and teaches you how to manage your reactions to stressful situations. Through your new, healthier response to stress, you will create a positive impact on your body and mind.

This focused and practical program combines personalized coaching and a detailed practice plan to meet your personal objectives.

What you will gain:

- The ability to recognize and disengage from the negative impact stress has on your body and mind.
- The relationship between emotions, stress and mind-body health
- Restored nervous system health and increased energy levels.
- Transform stress on demand, 24/7- any time, any where.
- Improved mental clarity and problem solving skills.



You will also learn how to use HeartMath's innovative emWave® technology to accelerate your learning and track your progress.

**For more information contact your Licensed HeartMath® Coach.**

