

STRESS MANAGEMENT FOR INDIVIDUALS AND GROUPS

Today's world is extremely stressful with family, work, financial and personal pressures. All of them combine to drain your energy, slow your productivity, keep you awake at night and make you feel like you can never catch up.

In my 40+ years as a therapist and now as a consultant, coach and motivational speaker, I have worked with agencies in the State of New York, major universities and colleges, professional sports franchises and training institutes, and large and small Corporations.

From these experiences I have developed targeted programs that are effective in managing various complications of stress. These programs include:

- Building self confidence
- Dealing with anger and guilt
- Managing fear
- Effective communication
- Relaxation exercises

The programs are PRACTICAL, SIMPLE to FOLLOW, PERSONALIZED, and.... THEY WORK! You will be able to change your life patterns so that you CAN manage and control STRESS!

Please remember that all of my materials carry a **NO QUESTIONS ASKED, 60-DAY MONEY-BACK GUARANTEE**. All of my **CONSULTATIONS** and **RENDERING OF WORKSHOPS & SEMINARS** are "**TAILOR MADE**" to **MEET YOUR NEEDS** or **THE NEEDS OF YOUR GROUP**.

YOUR SATISFACTION IS GUARANTEED!