

The Inner Secrets to a Stress-Free Life

An exclusive, one-time workshop series

If you want to **transform your life from stress-full to stress-free**, then attend this 8-session series to get started! I'll introduce you to the cutting-edge science, core concepts and expert advisors who will show you over a dozen ground-breaking, **proven-effective techniques that can make your reality stress-free.**

When: 8 Tuesdays. 6:30–8:30 p.m., October 24 to December 19, 2006, includes 4 bonus expert sessions.

Where: Youth Services Network (3817 Wilmington Pk., Kettering. Directions: <http://www.ParentsToolshop.com/HTML/TIPSDirections.htm>)

Agenda/Schedule: Through engaging, *simple-to-understand* reading, stimulating discussions, audio/video training and hands-on practice, you'll discover:

Session #1: How to Become the Director of Your Own Life Story	10/24/06
Session #2: Simple Strategies for Successful Relationships & Stress-Free Schedules	10/31/06
Session #3: Forget <i>Managing</i> Stress — Instead, <i>Permanently End</i> it!	11/07/06
Session #4: Scientific Proof that a Permanently Stress-Free Life <i>is</i> Possible	11/14/06

PLUS! FOUR BONUS SESSIONS with the following experts: (Same time/day as class sessions.)

Bonus Session #1: EFT & NLP **Teleseminar* 11/21/06**

- Andrea Amador, Certified Energy Coach, EFT Practitioner and Master Practitioner of Neuro Linguistic Programming (\$200 value) *This teleseminar will be recorded and provided to all participants.

Bonus Session #2: EMDR, Hypnotherapy & Massage **In-person 11/28/06**

- Lisa Monaghan, LCSW, Certified EMDR Practitioner (\$130 value)
- Paulette Rhoades, LMT and Licensed Hypnotherapist (\$90 value)

Bonus Session #3: Thought Engines® & The Serenity Code **Teleseminar* 12/5/06**

- John Speck, BSBA, (\$250 value) *This teleseminar will be recorded and provided to all participants.

Bonus Session #4: Healing Touch **In-person 12/12/06**

- Eva Polichany, RN, BSN, HTP-A (\$70 value)

Weekly Professional Application Sessions: After each session, there will be a 15-minute bonus session for social service participants on the professional applications and uses of the techniques discussed in that session.

Presented by: Jody Johnston Pawel, Licensed Social Worker, Certified Family Life Educator, award-winning author, highly-rated workshop presenter and sought-after parenting / relationship expert to the media. For over 25 years, Jody has trained parents and social-service professionals worldwide in practical relationship skills they can use in their personal and professional lives and professionals can use with their clients. Jody has successfully resolved past hurts and traumas, cured lifelong debilitating stress-related illnesses, been freed of phobias and bad habits, and managed an incredibly high-stress career, using the tools she will introduce you to in this series.

REGISTER TODAY. Seating is limited.

Go to: <http://www.parentstoolshop.com/HTML/StressRegister.htm>

Fee: \$200/person, \$300/couple. **Fee includes materials** worth \$392 + **4 bonus expert consultation sessions** worth almost \$800 + **discounts on expert services** worth hundreds of dollars!

★ **Discounts available. See Registration page/form for details.**

CEUs: This series has been approved for 15 CEU hours for Ohio Social Workers, Counselors and Marriage & Family Therapists through the Ohio State CSWMFT Board. Approval #:MCST100622

Money-Back Guarantee: This program *will* challenge your beliefs about whether a stress-free life is possible. If you are open-minded, read the materials and use these tools for the duration of this series, **you will have tangible proof that you feel more calm about your Top Ten Stressors or your fee will be refunded!**