

The Inner Secrets to a Stress-Free Life

Co-Sponsored by Parents Toolshop® and Kettering Behavioral Medicine Center

Do you ever:

- Think that events, people, schedules and past hurts are the cause of your stress?
- Try to control the situations and people that stress you out on a daily basis, but can't?
- Use traditional "stress and anger management" techniques, but they don't always work?
- Try to let go of past hurts and traumas but can't quite seem to shake them off completely?
- See the effects of stress on your physical health, emotional well-being and relationships?
- Want to feel deeply relaxed, peaceful and calm, no matter what cards life deals you?
- **Wish you could live a stress-free life? Now, you can!**

By using the incredibly simple and quick techniques you'll learn in this 6-week series, you can:

Stop Being the Victim...and Be the Victor, by:

- Dumping distressing drama ...
- Resolving past hurts and resentments ...
- Releasing haunting memories of traumatic events ...
- Free yourself of phobias ...

If you think a stress-free life is impossible, see page 2 for testimonials and measurable outcomes the previous class achieved.

Don't be a Puppet in Your Life Story, be the Director, by:

- Breaking bad habits ...
- Managing your active schedule with calm and ease ...
- Eliminating stress-related symptoms and illnesses ...
- Knowing how to create or attract the health, wealth, relationships and anything else you desire

Get started on a path that can transform your life from stress-full to stress-free, by learning the core concepts and practical techniques that will show you how to make *your* reality stress-free. In **six weekly sessions**, you'll participate in engaging reading, stimulating discussions, videos, demonstrations, and hands-on practice, to discover these secrets.

Here's what we will explore on your journey to a stress-free life:

1. Traditional Strategies for *Managing* Stress
2. Scientific *Proof* that a *Permanently* Stress-Free Life *is* Possible
3. Simple Strategies for *Permanently Eliminating* Stress
4. *Advanced* Strategies for Removing Stress- or Trauma-Induced Conditions
5. Practical Steps for Creating the Life You *Dream* of Living
6. Bonus Sessions with Mind-Body Healing Techniques

When: 6 Mondays, February 22 through March 29, 2010 - 6:00 to 9:00 p.m.

Where: Administrative Support Building (Bldg. West of Sycamore Hospital)

2110 Leiter Road, Miamisburg OH, Conference Room A

Fee: \$275 Individuals / \$412.50 Couples (½ price for spouses/family who attend as a couple)

Discounts: **30% off for CEU Participants and Groups of 4 or More**

Fee includes materials and videos worth more than \$200

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

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.

On-line at: <http://www.parentstoolshop.com/register>

Mail/fax form: <http://www.parentstoolshop.com/HTML/StressFreeRegister.pdf>

Call Parents Toolshop® Consulting at 937-748-4541

Testimonials

(names withheld due to personal nature of the comments and stressors)

“This class has totally transformed my life! I am a better mom, wife, and *person*.”

“I experienced a complete change for the positive in every area of my life. I have never felt this way before! I will never forget my experience here. Thank you so much!”

“This workshop enabled me to let go of all the baggage I didn’t even realize I was carrying around. I now have techniques and tools to use to keep myself focused on what I true and positive. I feel free and confident. I am in control of my thoughts.”

“I had more success with relaxation than ever. I could really feel my energy increase and open up. I have stopped taking anxiety medication.” (Another person was also symptom-free and taken off medication.)

13-year old boy who attended with his mother: “I am able to calm myself down when I get stressed and no longer think negatively about my life. I feel more happy and joyful when I go to school and at home. I feel better about myself and happy with way I am. I kno longer freak out when I can’t do something.” (He also eliminated a phobia, got over test anxiety, and stood up for himself with the school bully.)

Measurable Outcomes From Most Recent Class:

Average pre-class stress level = 8.53 out of 10 points

Average post-class stress level = 1.26 out of 10 points

Average reduction in stress = 7.27 points or 85%

Stressors that were reduced to below 5 points = 100%

Stressors that were reduced to 0-2 points = 92%

Stressors that were *completely eliminated* = 64%

If you could reduce the stress in your life by even half, wouldn’t you want to?

I’m confident you, too, can get *great* results. All you need to transform your life, like these people already have, are the tools and rules for using them.

I welcome the opportunity to serve you and hope you will choose to attend.

Important Note: There is no child care available — although you may register your children as participants if they are at least 13 years old, able to understand basic scientific discussions and mature enough to participate in adult conversations. If you attend with your children, you may not discuss any parenting problems. You can use the “couple” or “group” discount depending on how many family members attend.

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