

## Is the Stress-Free-Lifestyle program right for you?

Take this quick quiz to find out.

- Do you feel dissatisfied or unhappy for no apparent reason?
- Does your life feel out of balance?
- Do you work too many hours?
- Do you suffer from mood swings?
- Do you feel better when you eat sugary, salty or fatty foods? Do you crave these foods?
- Do you frequently forget what you were about to say or do?
- Do you have trouble falling asleep, or do you wake up in the middle of the night and then struggle to get back to sleep?
- Do you wake up feeling anxious, nervous or tired?
- Do you find it difficult to get motivated?
- Do you avoid exercise or social activities?
- Have you tried to reduce stress before, but with no success?
- Do you want to feel like yourself again?
- Is it about time you did something for YOU?

If you answered yes to any of these questions,  
please ask the doctor about the  
Stress-Free-Lifestyle program today!

# STRESS-FREE LIFESTYLE

## What makes Stress-Free-Lifestyle different?

No one can expect to live without stress in the fast-paced and chaotic 21st Century. Contrary to popular belief, however, you can't resolve stress by trying to avoid it. Instead, the Stress-Free Lifestyle program takes advantage of the latest advancements in brain state management to change how your mind and body respond to stressors.

The Stress-Free-Lifestyle program can help you get back to the way you felt before stress started taking its toll. You will not only reduce your stress, but also reclaim the happy, optimistic person that already resides within you.

By picking up this brochure, you've taken your first step on an astounding journey of freedom and self-discovery. If you haven't already read through all the information here, we encourage you to do so now and then ask the doctor if Stress-Free-Lifestyle is right for you. The next 5 minutes you spend reading this brochure could change your life forever!



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