

# AUNTIE STRESS – it's in you to change

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Have you been pushing your wellness aside? Then it's time to focus on you and get in tune with your best self.

Hi, I am Marianna Paulson, a personal anti-stress trainer. I can help you better understand your stress triggers and learn the techniques to combat the negative

side effects stress has on our bodies and minds. Allow me to guide you to a less stressful way of living with the tools, techniques and support materials to actively change up your well-being.

## Five-week *Undress Your Stress* package:

- Five, one-hour telephone coaching sessions over the space of five weeks (value \$750), plus daily integration reminders via email or text messages
- Workbook (value \$30)
- Your pick of a stress-relief book in stock (value \$20)
- Your choice of technology\* (value \$140-\$310)

One-time investment in your well-being: **\$787**

Email info@auntiestress.ca or call 604.507.9970!

**\* Choose from the following technology options to accompany your stress-reduced life:**



**emWave Desktop**  
(value \$310)

**emWave 2**  
(value \$210)



**Inner Balance**  
(value \$140)

When you register for an *Undress your Stress* package, you get five weeks of active coaching to learn the techniques to help combat your stress or anxiety and boost your performance. *Plus* the tools to more effectively monitor and improve your HRV. *Plus* motivational literature to read you into the mood.

**All this for only \$787 – that's with the technology thrown in!**

## This is for you if you:

- know that something needs to change,
- enjoy the intuitive process of discovery,
- want to improve your heart rate variability (HRV) because it improves your mental, emotional, physical and spiritual health,
- feel that life has more to offer, but are stuck in some non-responsive patterns,
- want to benefit more from your relationships by deepening your ability to be present in the moment.

## As you work with Auntie Stress you will:

- put the brakes on the cascade of 1400 stress chemicals by deploying scientifically-proven tools and techniques,
- be able to balance your nervous system anywhere, anytime,
- build new neural connections,
- awaken and be receptive to your passions,
- strengthen your intuition,
- be empowered to change!

*"I just wanted to express my gratitude for you and your wonderful way of facilitating such a great understanding of the components of stress and showing me a better way to cope with stress on a daily basis... what a gift it continues to be. You have touched my life and started a life changing process."*

- Mariann Thompson, Coquitlam, BC