

AUNTIE STRESS – it's in you to change

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

I'm Marianna Paulson, a personal anti-stress trainer. I can help you better understand your stress triggers and learn the techniques to

dismiss the negative effects stress has on your body and mind. Allow me to guide you to a less stressful way of living with tools, techniques and support materials to actively change how you feel. Learn to treat the cause of stress – not just the symptoms.

This is for you if you:

- Know that something needs to change.
- Have had it with stress.
- Enjoy the intuitive process of discovery.
- Want to improve how you feel emotionally, mentally and/or physically.
- Feel that life has more to offer, but are stuck in some non-responsive patterns.
- Want to deepen your ability to be present in the moment.
- Desire tools and techniques that you can use for the rest of your life.

As you work with Auntie Stress you will:

- Feel better!
- 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

Quick Stress Test

- ☐ I often feel irritable and on edge.
- ☐ I'm always tired.
- ☐ I work harder, but get less done.
- ☐ I frequently get ill.
- ☐ I have sleep problems.
- ☐ I worry all the time.
- ☐ I feel like I'm operating in survival mode.

"Marianna helped me through a really tough transition and ended up teaching me skills and techniques for neutralizing stress and worry that I suspect I will be using the rest of my life." ~ Carol Dunn, Seattle, Washington

Five-week Group Coaching Address and Undress Your Stress package:

- Five, one-hour on-line group coaching sessions over the space of five weeks.
- Daily integration reminders via email or text messages. (\$20).
- Workbook (value \$30).
- Your pick of a stress-relief book in stock (value \$20).
- Your choice of technology* (value \$255-\$360).

One-time investment in your well-being: **\$325.00.**

***Ask me how to get your program for ½ price or for free!**

* Choose from one of the following technology options to help you balance the two branches of your nervous system by using the power of your heart rhythm – the key to transforming your stress.



emWave Desktop (value \$360)



emWave2 (Value \$255)

Heart Rate Variability (HRV) is the beat to beat changes in heart rate. It is a measure of how your heart speeds up and slows down. Studies show that the more erratic this change, the more compromised your health becomes. The emWave technology is a training tool that allows you to optimize your HRV.

When you register for a stress coaching package, you get five weeks of active coaching and support - from someone who's been in that dark place and understands how to get out of it.

You'll learn how to:

- Master your emotions with tools and techniques that treat the cause of your stress; not just the symptoms.
- Boost your performance.
- More effectively monitor and improve your HRV – the key to treating the cause of your stress.

All this for only \$325.00.

"I think there is no better coach than someone who is passionate about what they are doing and Marianna is one of them! I highly recommend Marianna if you want an eye-opening, informative presentation on stress and/or if you want a personal coach who will work with you until you have mastered the techniques to facilitate improvement in your life. Marianna has a way of gently bringing it home...straight to the heart!" ~ C.L – Vancouver, B.C.

Don't wait for a condition to change in order to feel better. Learn to feel better and change your conditions.