

Motivated to Change Your Stress-Anger Levels?



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Research (and my clients) have proven that when you are personally motivated to change and have the intention to learn and practice strategies and techniques to reduce negative stress and transform anger into effective communication for working relationships, *then you will* with this course!

If you want to change your behavior and attitude, you need to experience how it feels to do it differently. Your mind-body intelligence, which has a memory, will work well when guided in the "right" direction.

Just imagine how positive and unstoppable you can be when you join together with others and **focus** your attention **creating** new and **positive mind-body patterns**. **Break through your negative patterns and be able to let go of anger and stress!**

This program will enable you to:

- * Collapse the patterns of self sabotage
- * Unleash the power to self-heal your body, mind and spirit
- * Control the barrage of limiting thoughts
- * Create sustainable change

During this workshop series Eileen creates a safe space filled with trusted sharing, non-judgment and powerful learning that you will be able to apply in *your* life.

Do you frequently feel out of control or overwhelmed?

Do you have physical distress symptoms indicating a high stress level?

Have your friends-family-coworkers suggested that you get help with anger control?

Are you living in a state of combustible irritation?

Do you want to get along better with your family and coworkers?

If you've answered yes to any of the above, you will experience powerful benefits and transformational result in this 6 hour course for only \$150. Techniques and knowledge are shared that create lasting results that are tangible.

www.balanceandpower.com/events.php

Reserve your space now!! 516 623 4353 for a complimentary consult!

Eileen is a certified Anger Management Specialist, recognized by the US Court System, as well as a Career and Mid-Life Coach and EFT (Emotional Freedom Technique) Practitioner. She has been featured extensively in print, TV and radio media and has her own Blog Talk Radio Show: The Balance & Power Network. "[SOAR! with Resilience](#)" is Eileen's interactive manual that is the core curriculum for her programs. She is a former biofeedback therapist, faculty at Hofstra University and National Alliance for the Mentally Ill Community Outreach Queens-Nassau.

Check out The Balance and Power Network and other group offerings on www.balanceandpower.com/events.php
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