



# The 3-Brain Solution for Business People

## Improve Performance Fast – *Real-Time* Stress Management

*Presented by Fred George Sauer, Author and Stress Reduction Expert*

**You will learn to reduce stress effectively and get results in real-time**

### Improve your Performance:

- Think more clearly - make better decisions
- Improve memory and focus under pressure
- Eliminate fear of public speaking and other anxieties
- Improve golf and athletics

### Enhance your Health:

- Sleep better - be at your best
- Alleviate tension headaches, migraines and back aches
- Reduce cravings for sugar and junk food, even cigarettes and alcohol
- Improve digestion and immune function

**When:** Thursday, March 22, 8:30am-11:30am (Bagels, yoghurt & fruit provided)

**Where:** SPARK East, 215 W. Michigan Ave, Ypsilanti, MI 48197

**Cost:** Normally \$49, yours **FREE** - we ask you only to help us with 2 short surveys and a brief testimonial.

### SciStress techniques are unique:

- Based on the latest neuroscience
- Get to the root causes of stress
- Fast and easy to use, both at the office *and* at home

### In this 3-hour intensive training you will learn:

1. How stress *instantly sabotages* your PERFORMANCE
2. How over time it *ruins* your HEALTH and your WELLBEING
3. The precise mechanism how stress starts and how you counteract it
4. How to use the SciStress techniques *on your own any time!*

Reserve your seat: <https://goo.gl/7Jbnhw>

Or email [fred@SciStress.com](mailto:fred@SciStress.com) / call 734-945-8275