

# YOU ARE YOUR OWN BEST STRESSBUSTER

with Eve Abbott

*Stress is not a dirty word, but it can kill you!*

Stress is simply what our body and brain do in response to stimulus. Even positive stress can throw you of balance. Hence the term, “*bridezilla*”.

These *easy brain-based stress reducing tips* will work year round and *not cost you a dime extra*. No one can relieve your stress better than you. Join us and learn the newest secrets to be your own best stressbuster!

**Join us for a personal well-being tune-up:**

- Discover how to **recognize** your **physical, emotional** and **mental stress indicators**.
- **Learn how to relieve** your **physical, emotional** and **mental stress**.
- Invest more of your time keeping yourself relaxed and performing well.

***“I was surprised by how simple these stress managing tips are to use. As well as how well they actually work when I use them!”*** Nicole Hackett, Virtual Education Connection



**Author, Speaker  
& Consultant**

## **ABOUT EVE ABBOTT, PEOPLE PRODUCTIVITY EXPERT™**

Since 1988, Eve Abbott has pioneered brain-based productivity systems for executives and public agencies so their teams can work at least 25% more effectively. Ms. Abbott is the author of *How to Do Space Age Work with a Stone Age Brain*™. Says Jeffrey Fox, the bestselling “Rainmaker” author, *“If Time is Money, then Eve’s books and trainings will make you lots of money.”*

Eve earned her degree in Sociology and Psychology from the University of California and holds a Lifetime Adult Teaching Credential. She is a popular guest on TV and Radio. Her expertise appears in The New York

Times as well as the nationwide Business Journals "Business Wise" column. Seminar clients the Alameda County Public Health Department and the Alameda County Counsel's Office.