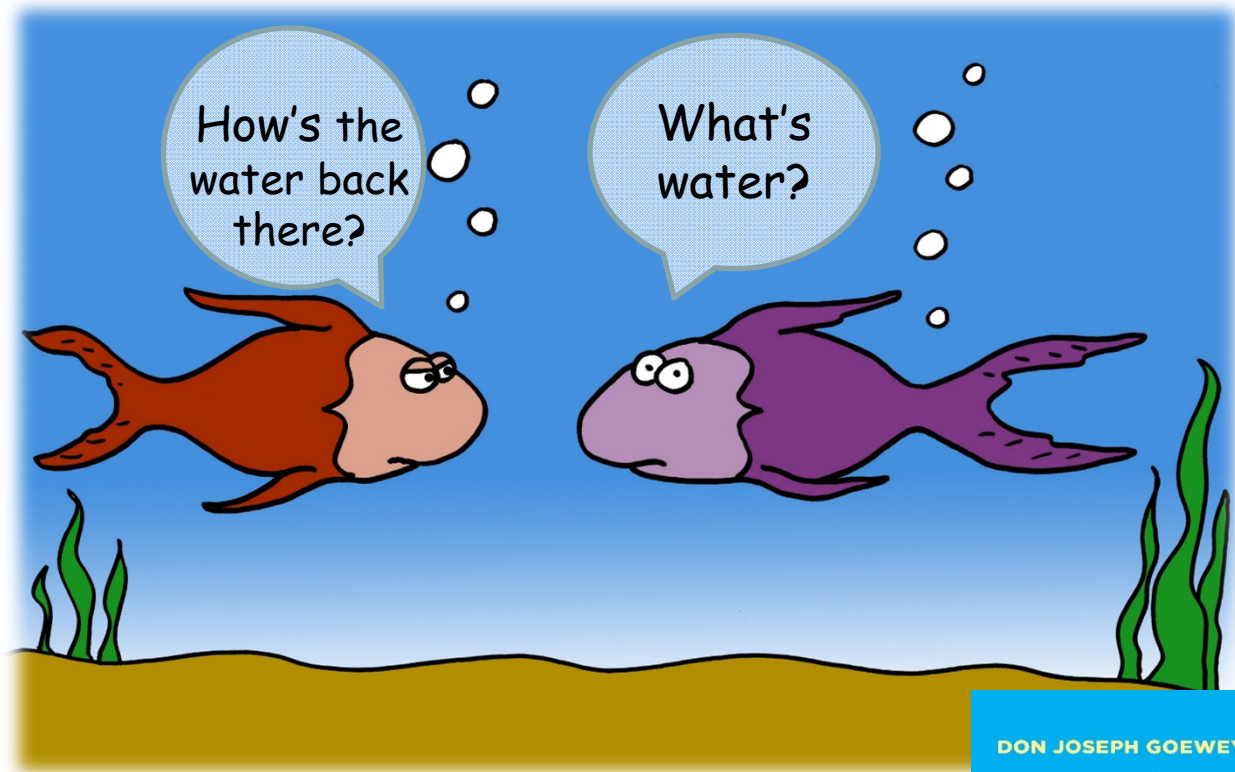


Stress is the New Normal



We are all well informed about the damage stress inflicts on our health, happiness, and efforts to succeed. Yet most of us have given in to it, accepting stress as the *new normal*. The stress reduction programs we've tried simply haven't worked.

Do not give in. There is now a solution.

Neuroscience has discovered that genetics and past traumas wire our brain for stress reactions, however, we can rewire those faulty circuits. It is achieved through a specific shift in mindset.

