

Taming the STRESS MONSTER!

A powerful, life-changing presentation by
author and speaker, Dan Hegstad



Tame it and put it to work for you!



Everyone has stress, the questions is, how are you going to deal with it? I know. I live a pretty stress free life and I can teach you how to do it too!

You'll Learn:

- How to manage stress and anxiety.
- What is stress and why, not just how, it affects you. There's more to it than you may think!
- Are you addicted to stress?
- Why managing stress seems so difficult.
- There is an alternative to "fight or flight."
- The small changes that can make a big difference.
- Resolving conflicts. How to work and live better with other people.
- How to get life out of "fast-forward."
- Proven methods for managing stress that can last a lifetime.

To inquire about speaking availability please contact Dan at
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