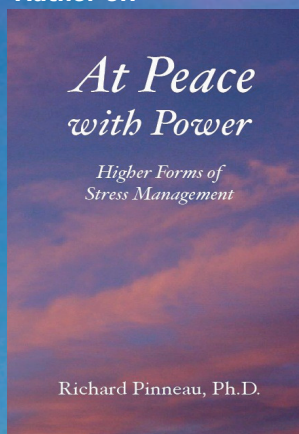


# *At Peace... with Power*

## *Higher Forms of Stress Management*

A Free Public Presentation by  
Richard Pinneau, Ph.D.

Author of:



### **A dynamically tailored presentation of:**

- Practical mind-body tools to manage stress, protect health, reduce chronic pain, and perform at your innovative best.
- Immediate experience of the healing and empowering force you tap as you contact the reservoir of peace within you.
- How to respond with calm confidence during threat and conflict—so everyone harnesses cooperative problem-solving abilities.
- Silent invocation of your Higher Power as the key to balancing the modern demands of work and family life.
- The power of combining psychological mind/behavior research and an unspoken spiritual core of strength.

**Your** presentation: Dr. Pinneau speaks to varied audiences with different personal and professional reasons for needing a higher form of stress management: HR professionals who need to reduce stress-related illnesses, accidents, and absenteeism; multi-tasking executives who demand to perform at their peak; therapists needing special skills for difficult clients; nonprofits whose personnel are stretched to the breaking point; support groups of persons with chronic illnesses aggravated by stress. His talk is tailored to *your* group's membership.

**Follow-up** workshops: In many cities, Dr. Pinneau has arranged to follow his talk with one of his small-group seminars:

- Mind-Body Stress Management to Renew Life & Health
- Peace for Non-stop High-pressure Performance
- Preserving & Renewing Your Board of Directors
- Relief from Depression and Anxiety
- Learning How to Meditate... without the Gurus

[ Call sponsoring organization to register by **discount** deadline. ]

Dr. Pinneau has thirty years of experience teaching stress management: biofeedback, relaxation therapies, meditation, yoga, mind-body medicine, and holistic strategies for health and productivity.

His University of Michigan doctoral dissertation studied job stress effects on worker health. After teaching at Wake Forest University School of Medicine he became the first psychologist to open a private biofeedback clinic in North Carolina. Now based in Colorado, Dr. Pinneau travels nationwide to speak and consult on stress management and wellness.

Sponsored by:

Register at:

Time & location near you: