



Producing
Healthier
People

"Swift, effective and simple techniques that anyone can use anytime."

Paul J. Rosch, MD, F.A.C.P.
President, The American Institute of Stress; Clinical Professor of Medicine & Psychiatry, New York Medical College

"I recommend his program highly."

Toshihito Hasegawa, MD, M.P.H.
Co-Founder: Japanese Association of Stress Research

"In my 17 years at Pritikin I have found the approach provided by Robert Siegel to be the only tangible stress tools that have successfully worked in my personal life."

Kevin Wiser
President, Pritikin Longevity Center

"This is it! Streamlined, easy to learn, rapid results and totally effective against daily stress build-up."

Tamela Thomas
Wellness Manager,
Washington Athletic Club



P.O. Box 1436 Langley, WA 98260 USA
360.730.1114

Focused Calm

The Optimal Health State That Sustains Top Performance

In this refreshing training, you will learn how to activate your body's Focused Calm state and fully de-stress within six seconds – faster & safer than pills. You easily enter the healthy state of being in "the zone" of top quality performance.

Imagine having the lifelong skill to feel calm, focused & relaxed whenever you want – anytime, anyplace. How much better would your life be? With Focused Calm you can now thrive during today's hyper chaotic lifestyle of rapid change. Focused Calm is the foundation needed for optimal health and optimal human functioning.

Genuine Prevention:

These skills eliminate (not "manage") a lifetime of stress damage and adrenal fatigue.

Lower Lost Work Time & Healthcare Costs:

Dissolve this single cause of:

- 75% – 90% of doctor visits (*American Institute of Stress*)
- 50% of absenteeism (*European Agency for Safety & Health – study of USA workers*)
- 50% of increased worker healthcare expenses

(*Journal of Occupational & Environmental Medicine*)

Increase Productivity:

Reclaim the 50 – 125 hours of productivity now lost per year **by every person** too stressed to focus for 12 – 30 minutes a day.

Lifelong Skills & Valuable Benefits:

- De-stress & feel calm in six seconds – faster, safer than pills
- Rapidly restore 4 body systems to optimal health and optimal function
- Enjoy the sharper focus, enhanced mental clarity and greater sensual awareness of "being more present"
- Gain the prized ability to instantly clear your mind of distracting thoughts, worry, negativity & overwhelm
- Dissolve muscle tension and relieve tension headaches quickly
- Savor more refreshing sleep & remedy insomnia by quieting the mind at night
- Reduce or eliminate all stress-related symptoms with skills, not pills
- Enjoy the emotional benefits of greater calm at work & home
- Increase joint flexibility and strengthen joints
- Slow the aging process and boost immune strength

Methodology

Hands-on application of clinically proven psychophysiological skills & attention-focusing mechanics.

Training Time: 4 hours