

# Welcome to The Stress Fix™ Trainings

## *Congratulations!*

**I am excited to welcome you to the positive, uplifting, lifelong solution: THE STRESS FIX!**

When I say “positive”, I mean it. You can now solve stress and benefit enormously. No more merely “managing” stress. With **THE STRESS FIX** program, you now have unique lifelong skills to better operate your mind, body, emotions, focus and energy. This exciting new direction is future wellness.

*You pro-actively grow health! How?*

**THE STRESS FIX** ushers in a new uplifting understanding of stress: how it works positively in Nature as a signal; and provides a new class of “health-producing” skills truly needed to complement medicine - so we are no longer limited to reducing costly illnesses after they have developed.

With **THE STRESS FIX** skills, you can now prevent 60%-90% of all doctor visits and 50% of sick days — throughout your life — because that much of illness is stress-related. “Stress” achieves its true valuable role as our amazing biological Life Guidance System — to gain health, accomplish goals, create valuable solutions and adapt well.

The truth is that stress is NOT something to “manage” or even try to “reduce”. Why? Stress signals opportunity. Once you know HOW to respond effectively, it changes everything! You can then solve stress PLUS gain valuable benefits with new abilities for optimal health, top performance, abundant energy and the ability to evolve — as individuals and as a species — in three modules of skills.

**DYNAMIC CALM** for *Body/Mind Health*

**GENIUS FOCUS** for *Mind/Immune Health*

**ENERGIZING LIFE** for *Energy Health*

Healthy energy is the true source of genuine wellness and top performance. **THE STRESS FIX** provides keys to understand human energy — with cutting-edge sciences and tools from ancient wisdom traditions. Most importantly, you’ll learn how to generate healthy energy to fuel your life!

These easy-to-learn skills may seem simplistic, but they are “tried and true”, and deep. Truth is usually simple. This program is the result of my three decades of as a psychophysiological with clinical specialization training hundreds of people to solve stress, plus rare knowledge from my personal trainings with wisdom tradition lineage-holders — all to accelerate your development.

As you apply these skills into your life, you’ll discover the greatest strength of these skills is that they work! You don’t have to “believe” anything! All you have to do is try them. Then you’ll know! Make them natural and automatic with practice. Your body will love you!

*To your healthiest success!*

**Robert Simon Siegel, MS**