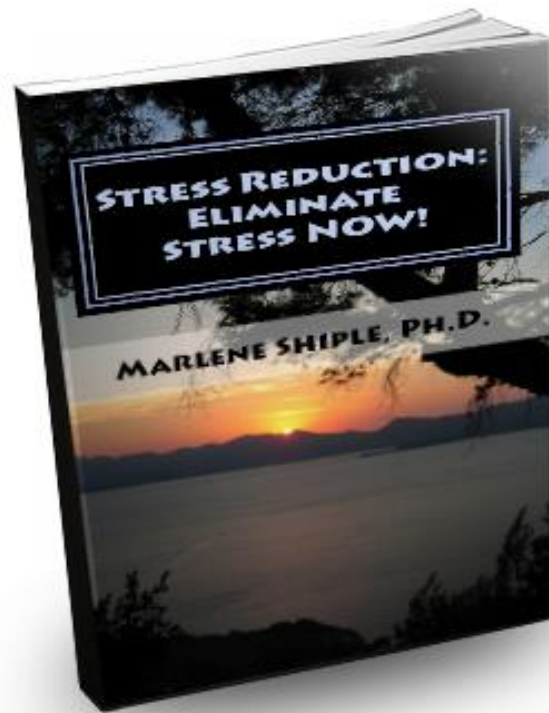


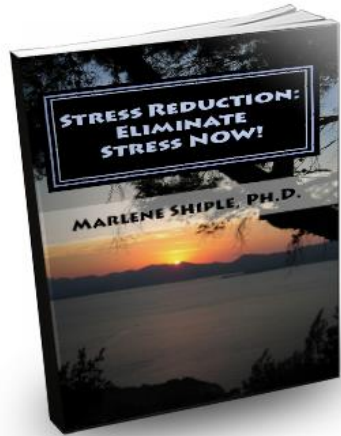
# **STRESS REDUCTION:**

**Eliminate Stress NOW!**



**By: Marlene Shiple, Ph.D.  
THE LIFE COACH DR.  
(602) 266 - 6662  
<http://thelifecoachdr.com>**

# **STRESS REDUCTION: Eliminate Stress NOW!**



## **TABLE OF CONTENTS**

1. <a href="#"><u>Coping with Stressful Changes</u></a> .....	3
2. <a href="#"><u>10 Natural Ways to Reduce Stress</u></a> .....	6
3. <a href="#"><u>Learning How to Calm Your Mind</u></a> .....	8
4. <a href="#"><u>5 Exercises to Find Peace</u></a> .....	10
5. <a href="#"><u>Combating Mental Fatigue</u></a> .....	12
6. <a href="#"><u>Finding Peace in Your Heart</u></a> .....	14
7. <a href="#"><u>Reasons We Lose Our Peace</u></a> .....	16
8. <a href="#"><u>The Art of Deep Breathing</u></a> .....,.....	18
9. <a href="#"><u>5 Simple Relaxation Tips</u></a> .....	20
10. <a href="#"><u>References</u></a> .....	23



# Coping with Stressful Changes in Your Life

## Coping with Stressful Changes in Your Life

Life is constantly changing around us, in us, through us, and about us. ***It's inevitable that there are going to be changes throughout life.*** Some will be good, some bad, and some indifferent. Some you like, some you hate, and some just don't matter.

Obviously the changes you like are easy to deal with and you might even look forward to it! ***What about the changes in life that aren't so peachy? How do you handle those?***

Let's explore some of these common changes and the best ways to cope with them.

### Job Loss

Job loss is on the forefront of almost every American's mind right now as the economy decline more and more each day. This type of change can be very stressful, if you allow it to be. However, by looking at the situation differently, ***job loss doesn't have to be stressful.***

When you're faced with job loss, ***try to think of it as a new opportunity*** to try something new or something you've always wanted to do.

Some ideas are:

- Take some evening classes to learn a new skill or trade.
- Make arts, crafts, or jewelry and sell it online or at craft fairs.
- Teach others what you know through tutoring or consulting.
- Start an online business.

***The point is to take a step out of your comfort zone and see the many opportunities that lie before you.***

Stepping out of your comfort zone isn't easy though, is it? It does take effort and courage. When you're stuck in your comfort zone, well, you're just that - *stuck*. Who wants to be stuck? I don't and I would venture to say that neither do you!

To get unstuck, ***take a step out of your comfort zone and look at other possibilities, instead of stressing over the changes that lie ahead.***

## **Moving**

How about moving or transferring to another area? That can be a pretty big change that could cause a lot of stress.

The best way to cope with this situation is to look at it as a time to refresh and renew. I know this can be difficult sometimes, especially when you love the area you live in now. And, of course, you'll miss all your friends, family, and familiar sites.

Moving away from people you love can be very stressful and difficult, but it doesn't have to be! ***You can look at the big move as an opportunity to stretch your horizons and meet new people.***

Your friends and family will still be there, and you'll still be able to keep in touch with them on a regular basis. But you'll also grow roots in other places, and you just might build even stronger friendships and relationships than you've ever imagined!

## **Focus on the New Opportunities**

There are always positive ways to look at things and ***when you train your minds to look at change as opportunity, instead of stressing out about it, you'll be happier and healthier.***

Here are a couple of other common life changes that tend to be stressful, but can be seen as an exciting, new opportunity:

- **Unexpected Pregnancy** - An unexpected pregnancy obviously can cause stress financially, emotionally, physically and mentally. However, it's a wonderful opportunity! An opportunity to love a child and to give life. A new opportunity to make some lifestyle changes or to give life to someone who can't have children of their own through adoption, and so much more!

- **Children Growing Up** - A child going off to college or moving away from home is a huge change that many find difficult to deal with. Once again, look at the opportunities available not only to you, but for your son or daughter as well. Maybe you'll be able to downsize your home, saving you hundreds of dollars each month. Or perhaps your bond with your partner and friends will grow and strengthen during this time. Not to mention the growth and experience your child is going to gain as they grow and mature in the world on their own.

How you choose to handle a situation will determine how much stress you're going to allow on yourself. You can either look at it as a new opportunity or a dreadful scenario. The choice is yours. ***But the sooner you begin to look at life changes as new opportunities, the sooner you'll enjoy a less-stressed life!***



## 10 Natural Ways to Reduce Stress

### 10 Natural Ways to Reduce Stress

Stress is something that affects everyone. Stress does serve a purpose and there's even such a thing as *good* stress. However, when you feel like your stress is getting out of hand, ***the best thing you can do for your body is to look for natural stress relievers.***

**Here are some techniques you can use to reduce your stress level:**

- 1. Practice yoga and meditation.** Yoga and meditation are ancient arts that have been proven to work. They can be practiced separately or together. When you connect the mind, body, and spirit in a healthy, peaceful fashion you feel more relaxed and rejuvenated.
- 2. Enjoy the benefits of green tea.** Green tea is a natural herb that you can drink or take in capsule form. ***It's loaded with beneficial antioxidants to help you achieve a healthy lifestyle.*** It's a natural stress reliever and helps boost metabolism to energize you. It may even help with weight loss.
- 3. Go for a walk.** Many people think that going for a walk is only good for your physical fitness. However, walking can benefit you spiritually and mentally as well. Staying even moderately active increases oxygen levels in your brain, which also improves your mental state. Plus, a 20-minute walk gives your mind a chance to reflect and rejuvenate.
- 4. Keep a diary.** Keeping a diary can help you unload your thoughts in a private manner. ***You have the benefits of knowing that your secrets are safe and you can still vent in the process.*** Venting on paper just might prove to be a great stress reliever.

5. **Try aromatherapy.** Many herbs can be used in aromatherapy to calm you in a natural way. Try lavender, rosemary, or peppermint for some popular choices.
6. **Get a full body massage.** A massage is a great way to relax your muscles. It also helps to get blood flowing properly throughout the body, which naturally reduces stress.
7. **Listen to music.** You may want to try some traditional relaxing music such as classical or world music. However, everyone is different, so *experiment with different types of music that you might find relaxing.*
8. **Use stress-reducing herbs.** Herbs are affordable, natural, and a great way to relieve your stress. There are many herbs that have been known to *promote calmness and overall feelings of well-being.* Some of them include chamomile and St. John's Wort.
9. **Take a warm bath.** Taking a warm bath is beneficial to your body and mind. The warmth will help your body relax while the peaceful time to yourself will help you achieve a balanced mindset.
10. **Do something funny.** The saying "*laughter is the best medicine*" is no joke! Laughing can definitely help you to relax and therefore reduce stress. Do something you personally find funny, like going to a comedy show or hanging out with a good friend.

You'll soon find that there are endless possibilities for natural ways of reducing your stress. Your job will be to find out what works best for you personally. As long as you take time out of each day to take a break and unwind, you'll be well on your way to reducing your stress.



# Learning How to Calm Your Mind

## Learning How to Calm Your Mind

Do you ever wake up in the middle of the night with frantic thoughts about all you need to get done the next day? Are you ever unsure about where to start because you have so much to do and no time to get it done?

Everyone has these feelings from time to time, but you can learn to calm your mind. A calm mind is a more attentive and proactive mind, and in learning to remove anxious thoughts, you can learn to enjoy your life far more than you already do!

## How to Achieve Peace Within

When you have a mind that will not stop, you usually are hard-pressed to find inner peace. ***The more your mind races, the more anxious and frustrated you may become, and this can lead to unproductive days, weeks, and even months.*** You don't have to continue to live this way. There are many ways to calm your overactive mind and you really can learn how to live a more calm and peaceful life.

If your mind starts running a million miles a minute and you're not sure which way to turn next, try to pause and repeat a positive affirmation. When you use the power of positive self-talk, you will program your mind to work in a new and different way.

When things seem as if they are getting out of hand, you can use an affirmation such as, "I trust my ability to relax. I am calm and peaceful." Although this may not be the case at the moment, if you repeat this constantly you will start to believe it. This will help you change your inner dialogue in those moments when you are tempted to succumb to the craziness surrounding you.

Positive affirmations are important because they give you permission to turn off the negative dialogue in your mind and replace it with positive thoughts. ***The negative dialogue feeds***



***the feelings of turmoil, and when you replace them with peaceful affirmations, you change your life, one positive statement at a time.***

If you have a hard time believing that this strategy will work for you, give it a try with an open heart and mind. It really does work! In no time at all, you'll feel more peaceful and reap the benefits in every area of your life.

Many of us feel like we cannot do anything about the crazy lives we lead and the inner discontent we feel. I can assure you that this is *not* true! When you use positive affirmations, you can reprogram your brain so that there is only room for positive thoughts. You will be surprised to find how quickly a positive affirmation such as, "I trust that there is a plan for my life, even if it has yet to be revealed to me" can work for you.

If you feel like your life has gotten off course and you don't think it's possible to lead a calm life, why not give a peaceful affirmation a chance? If you repeat affirmations often enough, you'll soon begin to believe them, and you'll turn a seemingly simple statement into reality.



## The Art of Self-Reflection - Five Exercises to Find Peace in Your Life

### The Art of Self-Reflection - 5 Exercises to Find Peace in Your Life

What is it you want to do with your life? How do you think you're going to make it happen? If you're not sure, then self-reflection is in order.

Even if you have an idea where you want to go, you may want to consider doing self-reflection exercises to ensure that you remain on the path toward success. When you are on the right path, you can also find peace in your life.

Here are 5 self-reflection exercises that you can use to put things into perspective. ***These exercises can help you to clear your mind, relax, and find that peace you crave:***

- 1. Compose affirmations.** Write a list of at least 50 affirmations. These affirmations should embrace what you want to achieve and what you want to become in your life.
  - Write them in present tense and be sure to use the word *I* throughout the list. For example, *I am always good at my job.*
  - It is important to focus on the things that are occurring *now* that will lead to your future success.

You may hear words in your head such as, *But you messed this up the other day* or *You weren't as productive a few days ago.* If you are hearing things like this, then banish those negative thoughts. It can take some time to get used to positive thinking, but it'll be time well-spent.

- ***Repeating your affirmations aloud will enable you to reprogram your mind with positive thoughts.***

- 2. Tap into your subconscious mind.** Your subconscious mind is where your self-image is stored. All of your attitudes, experiences, beliefs, and values are here. Your subconscious mind is the core of who you are and it's a very powerful force.

If you go inward and reflect upon what's inside this storehouse within the mind, you can gain a better sense of self-awareness. Some may call this meditation. Regardless of what you call it, this process helps you to attain a higher level of consciousness.

- ***Better self-awareness can provide you with many answers about yourself and your true beliefs.***

- 3. Visualize creatively.** This is a fun way to self-reflect! Make yourself a box to show your hopes and dreams. Or you can create a vision board. Place pictures and words that represent you and your thoughts into your box or on your board. The more details you include, the better it works!

- ***Imagination is the key and the sky is the limit!***

- 4. Ask yourself questions.** Ask yourself questions about yourself. Write down your questions and your answers. Ask yourself questions about the present and the future and provide yourself with positive answers. You can be creative with your questions because only you know what's inside of you.

- ***Be sure to structure your questions to include details about your hopes and dreams.***

- 5. Write and reflect.** Purchase a journal and write in that journal every single day. Each day, first write down something positive that occurred that day. Next, write down a question for yourself. Don't answer that question then and there. Reflect on that question and write your answer the next day as a part of your journal entry.

As you can see, self-reflection truly is an art. It involves tapping your inner being and using that to figure out what it is you really want. In time, your reflections will enable you to achieve the peace and serenity you deserve.



# Combating Mental Fatigue

## Combating Mental Fatigue

Mental fatigue can definitely take its toll on a person's well-being. It can actually be worse than physical fatigue because of a person's inability to think clearly or express their feelings and frustrations. Worse still, mental stress is known to cause *physical* fatigue and illness, too!

Mental fatigue or exhaustion may be a result of your work, family life, conflict, or even a lack of quality sleep. If you have to make an important decision, mental stress can take its toll on you and can even lead to severe depression. This is all the more reason to avoid the consequences and implement strategies to overcome mental fatigue!

## How to Relax your Mind and Boost your Energy

Relaxation is absolutely necessary to relieve mental stress and rejuvenate your body and mind. You're probably thinking, How am I going to do that? Well, it's easy. Here are some tips to help you reduce mental exhaustion and start implementing a relaxation routine:

- **Take time out for yourself.** Spend time in a quiet room where you can reflect and get in touch with your spiritual side. Everyone has a different way of self-reflection. Some pray or meditate, others write in a journal or diary, while others simply allow their thoughts to gently release into the darkness and quietness of the room.
- **Get plenty of sleep.** Mental fatigue can exist no matter how much sleep you get, but sleep does help refresh your body and mind. Getting adequate sleep will eliminate a lot of your day-to-day stress. After all, the body will have a chance to repair itself and recharge.
- **Free your mind from the problems that swirl around you.** Take your mind off of those things that are causing you stress by working on a puzzle or spending time with friends and family. Or perhaps you need to go out for a nice dinner or weekend getaway to free your mind.

- **Exercise regularly.** Exercise causes your brain to release endorphins, which are known to make you feel happy. It's like the body's natural high. Even if all you can do is take a 15-minute walk, take it. That can be great *alone time* for you.
- **Try breathing exercises.** When things get rough, take deep breaths in through your nose, hold it for 10 seconds, then release. You'll notice that this will relieve tension.
- **Take a day in which you can do things by yourself.** Take yourself out to a movie, go to a museum or art gallery, or do something you've always wanted to do but never made time for. In doing so, you'll be able to enjoy the peace and quiet of being alone.

### **Implementing Your Own Strategies**

These are just some of the strategies to combat mental fatigue. You may have some other methods that help you relax and find peace in your life. Once you begin integrating these simple exercises into your day, you will begin to feel the weight lifted of your shoulders and before you know it, you'll feel like a brand new person!



# Finding Peace in Your Heart

## Finding Peace in Your Heart

Are you seeking more peace in your life? Many of us have had negative or traumatic experiences that have left us feeling angry, hurt, or disjointed in some way. These negative feelings are very powerful and can keep us from living a peaceful life.

However, you don't have to live like this! You can give yourself permission to change your life for the better, starting now. You can choose to defuse the negative power.

- *By destroying the power negative thoughts have over you, you are giving yourself the power to find the peace that you long for.*

## Affirmations for Peace

It can be difficult to overcome the struggles we encounter. We allow many things to devour us from the inside. Life's biggest hurdles, such as the loss of relationships, deaths, and financial issues, can steal peace and contentment from our hearts.

- *Instead of allowing yourself to live in despair from your struggles, you can reprogram your mind to think positive and peaceful thoughts.*

How can you reprogram your mind? There are some powerful tools you can use to help you. These tools are called affirmations. You can change your life by using affirmations for peace.

Even with affirmations, finding peace in your heart may take a little time. Make the choice every day to live a life of peace and happiness. Eliminate one negative feeling at a time, and soon you will find harmony and contentment.

## Why Do Affirmations Work?

Affirmations are statements that take advantage of the power words contain. They're positive statements that activate your mind to accomplish great things.

- ***Words have the power to change your life!***

When you repeat affirmations like, *I relax to get my mind off the things that I cannot control*, you program your mind to focus and take action.

Words are powerful because they have the ability to evoke emotion within us. We can make words truth by using positive affirmations such as, *There is peace in my life*, and saying them again and again.

It's also important to believe in the power of the words and their ability to heal our hearts and our minds.

- ***You can restore peace in your heart if you believe the affirmation and aspire for it to be your truth.***

It's easy to incorporate positive affirmations in your life. Many people say them upon waking and going to bed. Other people use them only when they're having a hard time and feel discontentment well up in their hearts.

The real power of these affirmations for peace comes when you believe the statements and see them as the ideal way you would like to feel. You reaffirm this truth and power every time you say the affirmation.

Using affirmations for peace truly is a simple way to create change. As you use them, you'll discover that these affirmations have immense powers you never imagined. In addition, you may reap benefits in even less time than you anticipated. The peace you once sought will become a joy you can keep forever!



## Reasons Why We Lose Our Peace

### Reasons Why We Lose Our Peace

Inner peace is something we all hope for, but like anything else it takes some work to achieve. *Peace is waiting within all of us*, but unfortunately we often lose our inner peace and let destructive emotions take over.

If we know what to look for, we can stop these negative emotions in their path and keep peace as a part of our daily lives.

#### Here are some of the reasons why we lose our peace:

- **We Expect Perfection.** Sometimes we do this without realizing it, but we always seem to be striving for perfection to an unnatural degree. *You need to allow yourself to make mistakes* and move forward, instead of kicking yourself for making a mistake you think you could have avoided.
- **Being Afraid.** When we allow fear into our lives, it disturbs the peace. We need to conquer our fears - or accept them for what they are - in order to restore a peaceful balance.
- **Anger and Resentment.** Some people don't realize that strongly negative emotions like anger and resentment are detrimental to your health and well-being. If these emotions arise, it's important to take a few deep breaths and release them.
- **Being Too Busy.** In this fast paced world, it's easy to take on too much. If we start to feel too stressed out, we lose our interior freedom. Sometimes busyness and stress are unavoidable, which is why it's important to take frequent breaks.



- **Accept Challenges.** Accept challenges and accept your situation. Once you surrender and deal with the situation you're given, you'll no longer have to deal with the negative emotions that might be fighting with you. If you can accept the worst-case scenario, then there's nothing to worry about!
- **Regrets.** Regrets can cloud your current thinking with thoughts of the past that are unchangeable. *When we regret the past, we lose the opportunity for peace in the present moment.*

## **Everything Happens For a Reason**

You have to remember that everything happens for a reason and everyone has a purpose. Think about everything in your life that you're happy about and things that make you proud, and allow that to bring you joy. Remember that *peace usually accompanies positive emotions.*

You might regret a decision or a certain thing that happened to you. However, those negative things had to happen in order for you to be given the life that you have now. The positive things would not be there without the negative ones too. *You can find peace again by remembering that everything balances out.*

## **Meditation**

If you've lost your peace and negative emotions are the culprit, try meditation. You can discover many things about yourself and achieve inner peace by using this simple practice.

*The heart of meditation is accepting things as they are.* Meditate on the fact that you need to accept *all* emotions in order to become free.

## **Achieving Inner Peace**

Inner peace doesn't have to be achieved by any set rule. The most important thing to remember is to find something that works for you personally.

Set a certain amount of time each day that you can dedicate to maintaining peace. It could be meditation, listening to your favorite music, or taking a bath. Whatever it is, when you take these simple steps, you'll achieve an unshakeable freedom within you!



## The Art of Deep Breathing: A Sanity-Saving Strategy

### **The Art of Deep Breathing: A Sanity-Saving Strategy**

Have you ever had one of those days where you were so stressed that you felt like you could use some help to save your sanity? If so, you'll be pleased to discover a strategy you can use to reduce stress and improve your health at the same time! This strategy is easy and convenient, and it's called *deep breathing*.

What exactly is deep breathing? Deep breathing is a breathing exercise that involves manipulating the breath in ways that bring about certain feelings on an emotional level.

***There are various deep breathing exercises that are designed for:***

- Developing the mind and the body
- Helping you enter a state of meditation
- Focusing your energy to help you feel revived

No matter what emotion you're trying to achieve with your breathing exercises, the beauty is that it doesn't cost you anything to breathe. But when is it appropriate to do breathing exercises? And how often can they be done?

### **When To Do Deep Breathing Exercises**

There are no hard and fast rules stipulating when to do breathing exercises. It really depends on what you're wishing to achieve by doing them.

You can use breathing exercises at any time to:

- Achieve a state of calm
- Feel alive, invigorated, and ready for your day
- Reduce stress in tense situations
- Wind down at the end of the day

When you wake up in the morning, you may wish to do some quick deep breathing exercises to feel invigorated and ready to go. You can go outside, take a deep breath, and then breathe in through your nose, and out through your mouth.

This breathing exercise can serve as a workout for your abdominal muscles and lungs. It can make you feel quite refreshed at the beginning of your day and provides a similar effect to taking a morning jog.

When you're having a rough day at work or dealing with conflict, you can use a few calming breaths to help reduce stress. Sit back, close your eyes, and take a deep breath. Hold it in and then let it out. Repeat the process until you feel relaxed.

### **Health Benefits of Breathing Exercises**

If you just need a quick lift, then you'll only need to spend a short time here and there doing some deep breathing exercises. On the other hand, if you're looking to have a significant impact on your health and serenity, you can form a routine of several breathing exercises throughout your day.

*Whatever the duration, breathing exercises can bring you many health benefits, including:*

- Reduce your blood pressure
- Calm your nerves
- Tighten your core muscles
- Aid in better digestion
- Aid in the elimination of waste and toxins
- Bring you higher levels of energy
- Increase your awareness of the functions within your body
- Reduce stress

Your own results will depend upon the type and frequency of breathing exercises you use.

### **Anyone Can Benefit From Breathing Exercises**

Breathing exercises can benefit virtually anyone. The only individuals who should take extreme caution are those with respiratory issues. Always check with your physician before attempting these exercises.

Nevertheless, sit back, close your eyes, and enjoy the relaxing effects that deep breathing can provide. It's an effective solution to reduce stress, bring you peace, and improve your life.



## 5 Simple Relaxation Tips

### 5 Simple Relaxation Tips

Everyone experiences times throughout the day when you just wish you could relax for even a few minutes.

You already know that relaxation helps your body re-energize, but sometimes you're so busy and caught up in the moment that you just don't have the time to unwind.

Well, fortunately there are simple ways to relax, even during your busiest days, that don't require a lot of time or equipment.

#### *Here are 5 Simple Relaxation Tips:*

- 1. When you're in line at the grocery store:** Instead of stressing out because there aren't enough cashiers and every line has 5 people with heaping carts of groceries, use that time to relax your body by taking some deep breaths.
  - Deep breathing helps increase the oxygen in your blood. Your blood then circulates that extra oxygen throughout your body helping your inner systems recharge.
  - Taking five slow deep breaths will do the trick. The proper technique is to inhale and exhale deeply through your nose and out your mouth.
  - Not only will deep breathing help you relax, it'll help to clear your mind, reduce brain fog, and you'll feel much more alert and ready to tackle the next project on your plate.
  - *Deep breathing can be done anywhere when you're feeling stressed or just want to clear your mind.*

- 2. When you're at work:** It's often hard to find time to relax at work. You might even get in trouble if you're caught "relaxing." *Oh the horror!* However, there are some techniques you can do while you're at work to help create a sense of calm that aren't so obvious to others.
- If your job requires you to sit at a computer all day, make sure you get up and move around for a few minutes every hour. This helps circulate the blood throughout your body. ***Just moving the blood flow will make you feel more alert and focused.***
  - While sitting at your desk, roll your head around, from side to side and from front to back with your eyes closed. This technique helps to relieve neck tension, increasing blood flow to your brain, which is a natural and easy way to relax.
  - If you're on your feet all day, stretch out your back and sides by standing with your feet firm on the floor, shoulder width apart, and twist your upper body, including your head, slowly from side to side. ***This will loosen up your back muscles and spine, releasing tension throughout your body.***
  - During a break or lunchtime, ***go for a walk.*** Walking is a great way to clear your mind and your body will benefit from the extra exercise as well.
- 3. When you're rushing through a busy day:** Take just a few moments to daydream and escape the busyness of reality.
- ***Daydreaming lets your imagination flow, causing instant relief from the stress of the real world.***
  - Think of a place or experience that makes you feel happy or calm. Imagine how it smells, how the air feels, and who's around.
  - After five minutes of a calming daydream you'll feel relaxed, reenergized and ready to face the real world again.
- 4. Wherever you're at, smile:** Smiling is proven to help relax and rejuvenate your body.
- When you're out and about, smile at others around you.
  - When you're at work, smile at your co-workers. Not only will it help you relax, it'll help relax them as well.

- Smile at your children when you're toting them around to all their different activities.

This will create a peaceful environment you'll all enjoy.

**5. When the going gets tough, laugh:** Laughter's proven to be an instant stress reliever. Now I'm pretty sure you wouldn't want to be seen as a nut case, so laughing out loud when you're in line at the store or sitting at your desk may not be the best time. *When you can, get someone involved in your laughter with you.*

- Tell a funny joke or story to a co-worker (at an appropriate time, of course).
- Play a fun game or sing a silly song with your kids as you're driving.
- Watch funny videos on YouTube.

Engaging in these simple, everyday relaxation techniques will help to sustain and strengthen you throughout your day. It'll also make it easier to unwind when you get home. Your friends, co-workers, and family will all appreciate the new, relaxed you!

**REFERENCES:**

The Life Coach Dr.: <http://thelifecoachdr.com>

For more information regarding Stress Reduction

The Hypnosis Dr.: <http://thehypnosisdr.com/coach>

The Sex Coach Dr.: <http://thesexcoachdr.com/coach>

Health & Healing Blog: <http://mentalhealth-online.com/mentalhealth>

Healthy Sexuality Blog: <http://sex-coach-online.com>

***BOOKS by Marlene Shiple, Ph.D.:***

[Hypnosis Essentials: Power Up Your Life!](#)

[Arthritis Pain ... \*\*FREE!\*\*: Heal Arthritis Naturally](#)

This eBook Is Brought to You by:  
Marlene Shiple, Ph.D.  
THE LIFE COACH DR.  
<http://thelifecoachdr.com/coach>