



# Living Stress Free™ Wellness Program

## What is the Living Stress Free™ Program

The Living Stress Free™ Wellness Program is a unique and innovative self help technique that everyone can use to improve any area of life. Living Stress Free™ is based on simple principles that are easily understood and proven by personal experience. LSF is a perfect program for today's stressful world because it improves all areas of life, known as the Eight Essential Areas, at once, through the principle of perfect balance.

## Balance is Everything

When our life is in balance, all of the Eight Essential Areas naturally support and strengthen one another, collectively making possible what was impossible while we were living out of balance. Experiencing inner balance automatically balances our outer world and dissolves many problems that are simply symptoms of an out of balance lifestyle. Unhealthy desires, emotions and moods all find their cause, one way or another, from a lack of inner fulfillment and balance.



These desires, emotions and moods lead to unhealthy behaviors, interactions, and lifestyle choices that deepen our lack of fulfillment and increase unhealthy behaviors. When our life is in balance we naturally rise to our highest potential and effortlessly achieve our place in the world, because our inner impulses are healthy and support everyone.



### **The Problem with Most Self Improvement Plans**

Most of us try to muscle and discipline ourselves out of self defeating patterns or we try to achieve a better life through increasing effort and exertion. We develop goals and plans for reaching our goals and try methods that promise results. The problem with these very common and well intentioned approaches is they never get to the root of our problems. We wind up pulling the dandelions out of our lawn only to watch them sprout again and again. The reason for this is simple: We're trying to fix the outside with the hope we'll feel satisfaction inside. All outside goals are really an attempt to feel happiness and fulfillment inside. On top of it all, the stress we feel at having to maintain our mounting list of goals and interventions reinforces, energizes and strengthens the lack of fulfillment that was the original cause of our problematic desires, emotions, moods and behaviors.





### **Back to The Drawing Board**

The Living Stress Free™ Wellness Program offers you a completely new approach to self fulfillment, satisfying relationships, health and success. Through the daily experience of the stress free state, brought about by practicing the Living Stress Free™ Program, inner and outer balance naturally develops. Inner balance brings clarity, and acts like a clean mirror clearly reflecting every part of our life. We suddenly become aware of what foods make us feel healthy and what foods make us feel less than healthy. We know instinctively when to exercise and when to rest without rigid routines. We see our needs and the needs of others as different threads of the same fabric without conflict or competition. In fact, every aspect of our life starts falling into place with every other aspect and all we do is practice the simple daily Living Stress Free™ routine.

### **Come as You Are**

The Living Stress Free™ Wellness Program is for everyone, no matter what lifestyle you live or what your beliefs may be. We are not a movement, spiritual or religious program, and we have no political or cultural affiliations. The Living Stress Free™ Wellness Program is a simple routine that can be enjoyed and used by anyone to live a happier, more successful, fulfilling life. It is our goal, to share with everyone, a new way of living where we all achieve our highest potential and experience deep fulfillment in every area of life.