



Parents and Children welcome

Where & When

Are you in tune with your Children?
Are YOUR stress levels off the chart?

Children's stress levels affect their
mood, performance and health.

Understand where they get it from
and learn what you can do about it.

You can lower their stress level.

You can positively motivate them.

Take a **Stress** Break

During times of aggravating stress and tension,
we sometimes lose sight of how to get to that state of calm
that is so necessary in making positive decisions.

Come and learn just how vitally important your stress level really is.
Experience the feelings and benefits as you learn how to recognize
and take control of your stress level. See how a few minutes of
Stress Free Relaxation can produce dramatic changes in your life.

Murray

Who is Murray Goldsmith?



Murray is truly a man of many talents. He has entertained audiences through North America for over 35 years with his stimulating and humorous talks on the "Power of Your Belief System". He is a man with a great sense of wit and knowledge in all aspects of life. This combination is automatically entertaining wherever he goes.

As a Hypnotherapist, he founded the National Institute of Hypnotism. Murray's research into the conscious and sub-conscious mind, stress management and motivation, has won him International Acclaim. He has taught doctors, dentists, psychologists and psychiatrists the science of hypnosis. As a "Life Skills" coach and motivator, Murray has helped thousands of people reach their true potential in both their business and

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