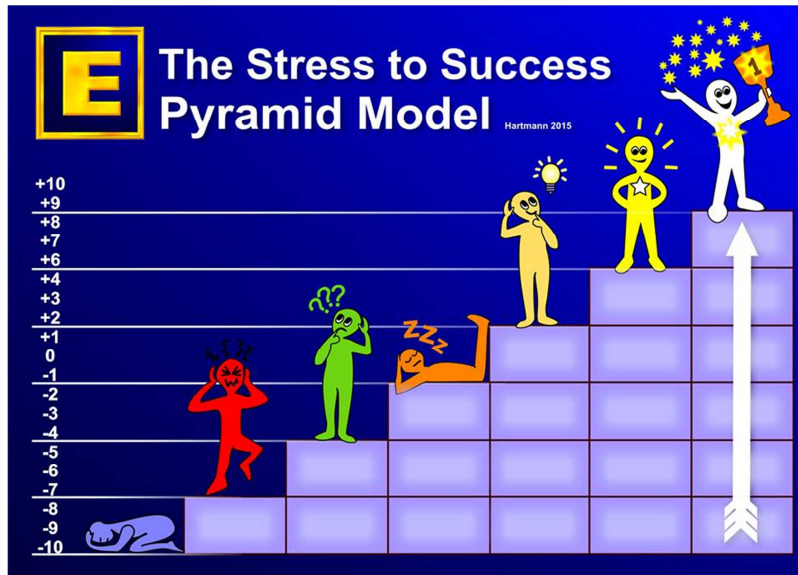


Modern Stress Management

Satisfaction ~ Happiness ~ Achievement ~ Purpose ~ Power
Passion ~ Success ~ Love of Life



I am so excited and inspired to introduce you to a new and different way to understand, measure, and go beyond stress in your life. The old stress management programs mistakenly presumed that “some stress is good for you.” MSM has found that most stress is bad stress and shows up in the form of negative emotions - being nervous, anxious, afraid, excessive anger, losing control over emotions, and so on.

Learn how to go beyond just feeling relief....

Modern Stress Management has discovered that high, positive energy states improve performance in all areas of life –and the higher the energy, the more improvement.

.....when your energy is high you are feeling happy, strong, powerful, beautiful, confident, and loving & lovable. Even higher states of energy enable you to feel amazing, attractive, intelligent, creative, inspiring, and magical.

Modern Stress Management (MSM)
New Knowledge, New Methods, New Beginnings

The New MSM Program Offers:

Accurate stress assessment

New, improved and advanced stress information

New, advanced, fast methods and techniques to reverse stress and move forward into success

Join me and learn Heart Centered Stress Management methods that raise energy levels, activate natural abilities, skills and talents, for real people, in the real world.

Turn Your Stress into Your New Success!

To learn more about MSM and how it can help you experience success in all areas of your life, contact me for a free consultation.

Turn Your Stress into Your New Success!

Stress Management Services

Individual Services

- Individual, one on one sessions, one at time
- Individual session packages
- Ongoing personal modern stress management coaching agreement

Group Events

- 1 hour introduction
- 3 hour evening/morning mini workshop
- 1 day stress management course
- Custom programs by design

Corporate Events

- Personal/executive stress management sessions
- 1 hour introduction training
- 1 day stress management course
- 2 day stress management course
- Custom programs by design

To learn more about MSM and how it can help you experience success in all areas of your life, contact me for a free consultation.

Maria LiPuma, Modern Stress Management Facilitator, EFT Master Practitioner

www.noble-being.com info@noble-being.com 541-201-8787