

Harness your mind-body connection for lasting ease and well-being

In our busy, *get-it-done-now* culture, stress has become the new normal—a normal that's embedding itself into our minds and our bodies. If left unchecked, stress can dictate how we think, feel, and act. Overwhelm, anxiousness, malaise, and unease are a daily experience. And over time, these stress-reactions turn into habits, leaving us stuck in a mental and physical rut. So, how can you soothe stress before it becomes your go-to?

In this practical and accessible guide, you'll find powerful and effective tools for calming stress in both mind and body. Based on the innovative Mind-Body Reset (MBR) program, you'll learn how to stop stress in its tracks with simple somatic exercises. You'll also discover how you can "reset" your nervous system, alleviate stress flare-ups, and boost your overall health and happiness. If you're ready to combat stress, cultivate calm, and live a more vital life, it's time for a reset!

Rebekkah LaDyne, MS, SEP, is a somatic therapist, researcher, mind-body skills educator, and author. She is a member of the United States Association for Body Psychotherapy. Based on her extensive research in mind-body medicine at Saybrook University, her comprehensive training with the Somatic Experiencing® Trauma Institute, and her more than two decades of work in the field of embodied well-being, she developed the mind-body reset (MBR) protocol. Rebekkah has supported thousands of people, beginning from within her own wellness center, to groups she taught at Spirit Rock Meditation Center, and while traveling to worldwide destinations offering workshops and retreats. She has recorded several wellness CDs, appears on the radio and YouTube, and meets with clients online from all over the globe. She is in private practice in the San Francisco Bay Area, where she lives with her husband and two daughters

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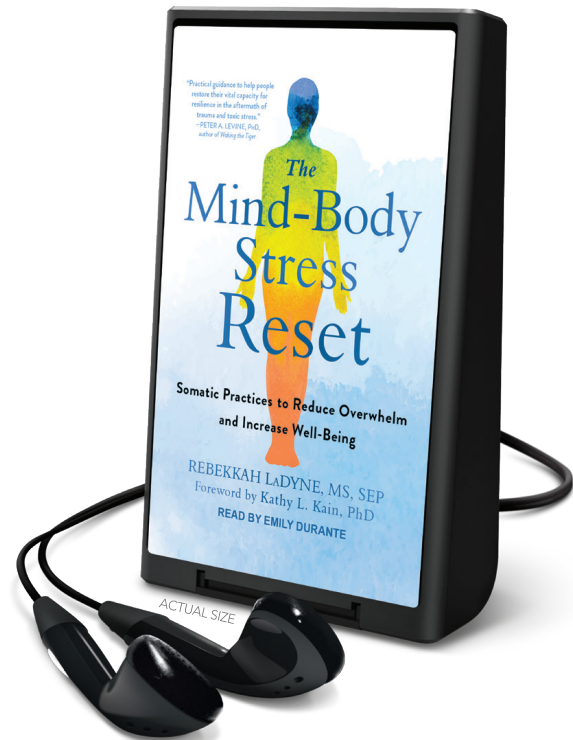
Mind-Body
Stress
Reset

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