

GENIUS FOCUS™

HUMANITY'S MENTAL LEAP

Throughout human history, exceptional people have contributed brilliance, artistic creations and visionary solutions by focusing their minds in a specific way not taught in schools. They cracked the code for how to operate and leverage the brain's natural hard-wiring.

Grow new brain neural pathways that positively increase your life quality. HOW? Use your mind to naturally boost your immune strength in ways that also develop genuine self-esteem and open your creative inner guidance.

CREATE SOLUTIONS THAT CONTINUALLY UPLIFT YOUR LIFE:

- » Use your mind positively to create health, success, confidence and joy—not anxiety, overwhelm & stress
- » Apply “The Big Lever” to transform problems and difficulties into new solutions and “wins” for 21st century living
- » Implement five main mental patterns of goal-achieving
- » Stabilize your mind into optimal psychological health, positive communications, continuous improvement and the ability to better navigate change
- » Gain amazing wisdom and valuable guidance by de-coding the gifts of your stress emotions

FOR MORE INFORMATION:

- » Visit thestressfix.com/services
- » Call (804) 616-5053 or email info@TheStressFix.com

Turn business and personal challenges into goal-achieving solutions that continuously improve your life.

**SKILLS,
not
PILLS.**

Enjoy mind/immune health for top performance.

**YOUR
BODY
will
LOVE
you!**



Meet Stress Specialist **ROBERT SIMON SIEGEL, MS**. Robert developed these functional health skills for THE STRESS FIX and PRODUCING HEALTH over 25 years in hospitals and medical centers. His clients have included a sitting Governor, CEOs of multi-national corporations, police chief, physicians, nurses and people from all walks of life. His wellness trainings have helped clients like: Chevron USA, Inc., TRW, NBC, Port of Seattle Police Department, Washington Athletic Club and King County, WA. Robert presented “Fixing Stress” at the 2015 Health and Productivity Forum in San Francisco for Integrated Benefits Institute. A selected speaker at the 2008 & 2010 National Wellness Conferences and author of Six Seconds to True Calm: Thriving Skills for 21st Century Living, his articles have appeared in a wide variety of publications like: CAPITAL: Business & Finance Magazine and QI: The Journal of Eastern Health & Fitness. When not playing Afro-Cuban rhythms on his congas, Robert trains individuals and provides wellness trainings for companies who want lower lost time & healthcare costs. Visit us at www.TheStressFix.com.