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FOR IMMEDIATE RELEASE

Northern Ohio Authors Release New Book
FROM STRESSED TO BEST; A PROVEN PROGRAM FOR REDUCING EVERYDAY STRESS

PORT CLINTON, OH – MAY 28, 2014. Northern Ohio authors Ruth E Schneider and David S Prudhomme adapted this new self-help stress reduction book from their From Stressed To Best™ program which is being used by wellness practitioners in a Fortune 50 company and in nine countries around the world with remarkable results. ***FROM STRESSED TO BEST: A Proven Program for Reducing Everyday Stress*** was introduced at the national convention of the American Society of Trainers and Developers in Washington DC last week.

The From Stressed To Best™ approach recognizes that people are different, and a “one-size-fits-all” approach to stress reduction simply will not work. There are actually 16 different, scientifically definable Personality Types and each Type experiences stress differently. *Using instructions in the book, readers identify their inborn Personality Type, learn how their mind works, what actually causes them stress and how to recognize the onset of their stress.*

Readers will also identify their Best Mode of operating – when their mind works best and their Stress Mode of operating – when their mind is not functioning properly due to stress. They will then be guided to create their own, individualized 4-point action plan to move from their Stress Mode to their Best Mode anytime they are stressed.

Additionally, readers will also recognize and understand the Personality Types of friends, family, and coworkers. This new way of looking at others will lead to improved relationships, both personal and professional. Many have called the insights they gained using the From Stressed To Best™ program life-changing. “Life has become easier, personally and professionally, since I have been exposed to the From Stressed to Best Program.”

The Mederi Wellness Center in Port Clinton, Ohio, has been helping people with stress related issues for over seven years. Every day we help people shift from where they are to where they want to be, using the power of their mind.

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FOR MORE INFORMATION: Visit www.stressedtobest.com. To purchase our book, the link is:
<http://www.lulu.com/content/paperback-book/from-stressed-to-best---a-proven-system-for-reducing-everyday-stress/14097972>