



# Laurie Weiss

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Stress Relief Expert Dr. Laurie Weiss, an internationally known psychotherapist, coach, marriage counselor and author of 13 books, works with people to rapidly relieve anxiety and toxic stress and reclaim joy in their lives.

## Presentation Topics

### Stress Happens!

#### Eliminate It Now—Easily and Effectively

When stress saps your energy, use a new, remarkably simple, European self-coaching technique to reclaim it in only a few minutes, just by talking to yourself. International expert Dr. Laurie Weiss will teach you what to say.

### “I Just Can’t Let It Go!”

#### Stop Worrying About Things You Can’t Control

Dr. Laurie Weiss teaches you how to use 3 magic sentences to help you release your worries. And you can do it in just a few minutes without needing to give up TV, social media and conversations with your politically minded friends. This interactive workshop prepares you to take charge of your own thoughts in a crazy, sometimes scary world.

### YOU Are Your Own Coach

#### How to Use New Tools to Stop Procrastinating and Actually Finish Those Projects

Gone are the days when you have to rely only on your lagging self-control to force yourself to do what you really need to do. Successful high-achievers use their energy to complete their projects and enjoy their lives. Reclaim your energy from endlessly obsessing about what you could and should do. Easily recognize and dissolve your barriers to achieving your dreams.

### Let’s Connect:



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### Laurie Weiss, Ph.D., MCC

Empowerment Systems

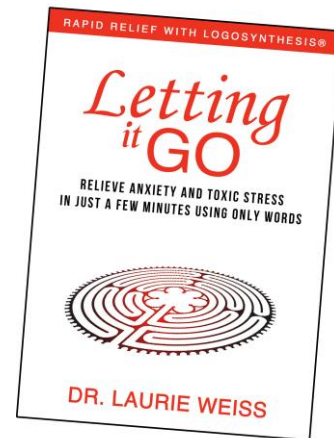
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### Author of 13 books, including:



Available online

### What Clients Have to Say...

“The technique Dr. Laurie showed us is worth its weight in gold. In fact, one of the Coaches says that each day the stress of it has been eliminated by using your method of getting rid of the negative inner voice.”

**Lauren Rose, PSI Seminars**

“I had wondered if I was going to be able to complete the certification. After using the Logosynthesis technique I went home and started writing. I completed all of the many writing assignments. It feels miraculous.”

**Bonnie Lewallen**

“The tools gained are invaluable. They also are easy to learn and then to use on oneself and even to assist others.”

**Patricia Moore, NLP Master Practitioner**

