



WHY?

"STRESS..."

THE ENEMY WITHIN...

Stress Management!"

Seminar Timing:

• 2 & 4 Hours Seminar
Program Language:

- Marathi
- Hindi
- English

*Do you feel peace at the end of the day? Are you happy at the start or end of the day?
Do you have sleepless nights due to life problems? What do you think is this life??
Worries?? Tensions?? Pressures?? Or is it Happiness?? Peace?? Fun??
No time to think even.. Just time is passing by. Days.. Months.. Years..
But, Stress Management has to be learned by everyone as it is needed in every stage of life.*

"STRESS.....THE ENEMY WITHIN!"

We have heard this many times- "You are the creator of your life." Then where is the problem? Who is the culprit coming in our way to a happy life? Our life seems to be going on very fast. We have no time to look at ourselves. There is always some pressure on the mind. Before one work is completed, next work awaits us, then the third and the fourth and so on. This leads to tension and pressure in the mind. Due to this, unknowingly, irritation, disappointments, restlessness, fears, anger and such negative powers takes possession of our mind. We seem to lose patience and our efficiency goes down. If we don't control our negative emotions, it affects our body as well and leads to dangerous diseases. It starts corroding our physique and diseases like Diabetes, Thyroid issues, PCOD, PMS, Heart problems emerge. All these are lifestyle diseases caused due to mental pressures, lack of exercise, unhealthy eating, alcoholism and such things. This affects family life as well.

But here is good news for you. We can avoid these situations. Because, the enemy is within and hence only we can destroy it. If we learn to manage stress, we can avoid these incurable diseases. We can enjoy our life to the fullest by utilizing the hidden mind power!

To,

