

# Finally, Eliminate the Impact of STRESS From Your Life

How many of these warning signs of chronic stress are true for you?

- Burdened by constant time pressure; work longer hours, get less done.
- Fly “off the handle” too easily, harming work or family relationships.
- Don’t sleep as well as you want.
- Feel exhausted when there is no real reason to be exhausted.
- Don’t think as clearly as you would like.
- Lack balance between your work and personal lives.
- Have repeated, minor ailments, aches, and pains.
- Find it difficult to control high blood pressure or type 2 diabetes.

Be On Purpose offers a range of coaching programs for you to learn the skills to finally, reduce or eliminate the unhealthy impact of chronic stress from your life, regardless of what is “causing” this stress or anxiety.

Jerry Sinnamon, Senior Associate/Owner, is a Licensed HeartMath® Provider, qualified to coach individuals in HeartMath’s state-of-the-art techniques, which reduce or eliminate the impact of stress when the techniques are practiced on a regular basis.

These cost-effective, 1 to 1 coaching programs include 5 weekly, 45 minute sessions, in person or over the phone. Using your goals and HeartMath’s bio-feedback equipment, you will soon notice your symptoms of chronic stress begin to fade away.

You can use these ground-breaking skills and techniques in the middle of tough, stressful situations—anytime stress shows up in your life. As you gain proficiency, there will be no need to take time away from your life to be free of the symptoms of chronic stress or anxiety.

*30% discount for registrations prior to 03.31.09*

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