

How Your Brain Can Save Your Heart (and Your Life)!™

4 Powerful Ways of Using Your Brain to Create Healthy Lifestyle Habits



"I was overweight, had high blood pressure, smoked...My doctor told me I'd have a heart attack soon if I didn't make some changes. I tried, but couldn't do it. Then I learned how the brain forms new habits and that made all the difference! Now, I can't stop smiling."

**Are you finding it hard to change your lifestyle habits?
First, learn how to use your brain...**

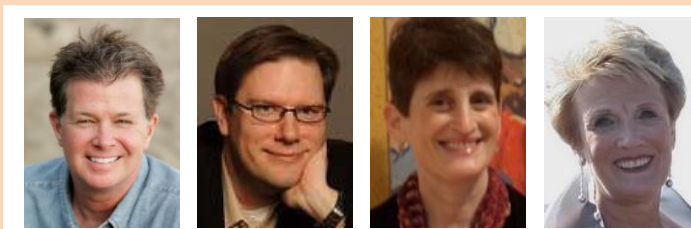
A recent study shows that when doctors tell their at-risk heart patients that they will die soon if they don't change their lifestyle habits--*diet, exercise, smoking, stress*--only **one in seven** are able to do it. **Why aren't more people able to make these important changes, even when their life depends on it?**

'How Your Brain Can Save Your Heart (And Your Life)!' goes right to the heart of the matter--how the brain forms and maintains a habit. This **interactive teleclass*** features specialists from the fields of neuroscience, positive psychology and wellness coaching who will introduce you to **specific brain-based techniques** which research has shown to be critical for breaking old habits and "rewiring" the brain for healthier lifestyle practices. You'll learn to:

"Before anyone starts a new diet, exercise routine or smoking cessation program, I recommend first learning how to work with the brain to create and sustain new lifestyle habits."

--Paul Nelson, M.Ed., Harvard-trained behavior-change specialist

- ♥ Enlist the brain's 'higher order' functions--such as visualization, self talk, appreciative thinking, and mindfulness-- to neutralize **internal "gremlins"** that undermine behavior-change efforts and to ensure that the new lifestyle habits you create will last!
- ♥ Engage your **signature character strengths** to increase determination, overcome obstacles, and prevent relapse
- ♥ Use **calming techniques** to subdue your 'fight-or-flight' reaction, manage stress, and reduce anxiety
- ♥ Stimulate specific **peptides and hormones** in the brain that not only make you feel good, but directly benefit the health of your heart, quality of relationships, and chances of living longer.



Featuring: **Kirwan Rockefeller, Ph.D.** -- a social and behavioral specialist at the *University of California/Irvine* and author of 'Visualize Confidence: How to Use Guided Imagery to Overcome Self-Doubt'. **Ryan Niemiec, Psy.D.** -- a psychologist, certified health coach, and Director of Education at the *VIA Institute of Character* in Ohio. He has also taught many classes on mindfulness meditation. **Debra London, M.D.** -- a psychiatrist who is trained in *Inquiry Based Stress Reduction/The Work of Byron Katie* and the *Immunity to Change* process developed by Dr. Robert Kegan at Harvard. **Gloria Silverio, M.A.** -- a certified wellness coach, on the faculty of *Wellcoaches Corp.*, and a graduate of the *Authentic Happiness Coaching Program*.

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A 4-Week Interactive Teleclass beginning **Wednesday Oct. 27, 7PM (EST)**

Sponsored by **HeartCoaches** (www.heartcoaches.com)

Tuition: \$198. Major credit cards accepted. **Registration:** Call **888-430-4469** or email teleclass@heartcoaches.com

* Teleclass features four weekly 90-minute sessions conducted **live by phone**, providing privacy and convenience, as well as a **safe and supportive environment** for exploration, learning and personal growth. Class size is limited to 15 people. Early registration is encouraged.

***FREE* introduction to:**
How Your Brain Can Save Your Heart (and Your Life)!™
4 Powerful Ways of Using Your Brain to Create Healthy Lifestyle Habits
with Cynthia Ackrill, M.D.

Join Cynthia Ackrill, M.D. for a special one-hour introduction to the up-coming teleclass. You'll learn why it can be so hard to change your habits and how to use your brain to make it easier. We'll discuss:

- *neuroplasticity* and what it takes to "rewire" new behavior in the brain
- the role of specialized brain functions that facilitate and hinder behavior change
- how stress and anxiety impact our ability to modify behavior
- what recent studies tell us about how best to change our lifestyle habits



Cynthia Ackrill, M.D. has extensive training in brain-based approaches to behavior change. Her specialty is psychoneurobiology, a field of applied neuroscience measuring brainwave patterns and their correlation to psychometric measures of symptoms and behaviors. She is an Applied Neuro-physiology Practitioner at the *Center for the Advancement of Human Potential*. Dr. Ackrill is a member of the *International Society of Neurofeedback and Research*, a Fellow of the *American Institute of Stress*, and a Charter Member of the *Institute of HeartMath*.

Join us for the next **FREE** one-hour introduction on **Wednesday, Oct. 20th at 7PM (EST)**. To register, send your name and email address to teleclass@heartcoaches.com or call us at **888-430-4469**.

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Happiness is a healthy heart!

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