

BREAKING THE CYCLE OF STRESS

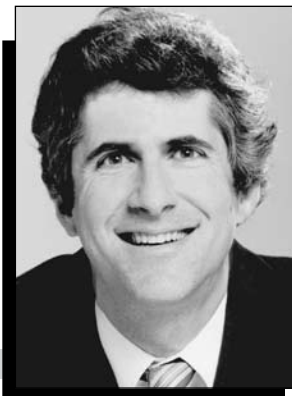
also titled Martial Arts for the Mind or Freedom from Stress

“Breaking the Cycle of Stress” is ideal when you wish to motivate and inspire your people, or reward a group for outstanding performance. Employees and managers express deep gratitude, not only for the life-changing ideas shared, but to the company that thinks highly enough of its people to provide programs that benefit them both professionally and personally.

Program description

We’re more efficient and productive than ever. But with these gains, stress is often a silent partner, affecting our work, family life, and health. This program, also used at NASA, is at the cutting edge of stress management and personal effectiveness training. Incorporate powerful changes in attitude into your life, along with easy-to-learn techniques that will greatly reduce your stress. You’ll learn how to:

- Understand and communicate more effectively with difficult co-workers.
- Manage challenging work situations with greater calmness and clarity of mind.
- Dramatically reduce stress with simple breathing, relaxation, and meditation techniques that can be done in just a few moments.
- Achieve relief from chronic pain and insomnia.
- Enhance your personal productivity. Focus the mind where you want it to go, to achieve results more quickly and effectively.



David and Karen Gamow

“I have spoken to others who attended your session, and we all are in agreement – it’s one of the best training sessions any one of us have taken at Stanford (or anywhere else).”

*David Silberman, Director of Health & Safety,
Stanford School of Medicine*

“I work with hundreds of the finest trainers throughout the world, and your presentation is in the top 10% of what I’ve seen. You really motivate and change people. Your enthusiasm shines through what you do, and the effect is dramatic.”

*—Robert Cancalosi, Global Chief Learning Officer,
GE Healthcare*

“Thank you for your excellent presentation for our annual Branch meeting. It was lively, fun, and completely engaging, start to finish. It was remarkably effective, as well. It’s a perfect program for an off-site meeting.”

*—Gina Thomas, Chief Information Office
2008 Branch Conference Coordinator
USDA Forest Service*

—Clients include—

NASA • U.S. Army
Yahoo! • IBM • Intuit • Nokia
Hyatt Hotels • Westin Hotels
GE • The Gap • Ernst & Young
CBS • Juniper Networks
Medtronics • Kaiser Permanente
Stanford School of Medicine
San Jose Police Department
Denver International Airport

David and Karen Gamow have personally trained over 20,000 people in these methods. Authors of *Freedom from Stress*, their work has been featured in the *San Jose Mercury News*, *Gannett News*, *Investor’s Business Daily*, and on FOX-TV News. Managers report increased productivity many months after training in extremely high-stress occupations, including mobilizing Army Reserve forces for combat. Participants with headaches or back pain report their pain gone or greatly diminished by the end of a single session. Their presentations consistently draw top ratings, helping people from all walks of life to experience greater health and freedom from stress.

Breaking the Cycle of Stress

for conferences, retreats, and off-site meetings

"Thank you for your excellent presentation. Yours was the most popular program of the thirty offered at our annual Leadership Conference."
Colonel Chris Green
Conference Organizer, U.S. Army
6045 Garrison Support Unit
San Jose, CA

"You did a terrific job at our 4th annual conference. It's not just anybody who can take a group of 350 women and get them to sit quietly through a guided meditation. They loved everything you taught them. As a meeting planner, I especially enjoyed working with you. Your dedication to the conference's success went above and beyond the role of speakers. The result was a phenomenal event that went smoothly and was a huge success. Thank you so much."
Elizabeth Macisco Event Director
Washoe Health Systems, Reno, NV

"I have never seen such a positive response to a training program. It was beyond anything we expected. When I first heard about your work, I read your materials and the testimonial letters from your clients, and I was very excited to have you here. But honestly, the testimonials don't begin to describe the power and effectiveness of your program."
Kaylene Riggs, Director of Sales
Tenaya Lodge at Yosemite
Yosemite National Park

"What I didn't tell you (I didn't want to raise your stress level) is that the group of 60 managers you trained are all veteran educators who have a definite "show me" attitude when it comes to staff development. They do staff development for a living... a very tough audience. Well, the reviews are in and you guys were an absolute hit. Yours was the highest rated workshop we've ever had. Many participants told me it was the

"Breaking the Cycle of Stress" is ideal when you wish to motivate and inspire your people, or reward a group for outstanding performance. Employees and managers express deep gratitude, not only for the life-changing ideas shared, but to the company that thinks highly enough of its people to provide programs that benefit them both professionally and personally.

"If my previous company had shown this level of interest in my development as a manager and as a person, I never would have left."
—Anonymous (4-star hotel manager in San Francisco)

The ideal length is a three or four-hour session. We can say from many years of experience that your group will consider this program one of the most meaningful and personally helpful trainings they have ever attended. The most frequent comments you'll hear afterwards from attendees:

"Thank you!"
"Life-changing."
"The most useful training I have ever had."
"The best 4 hours I've ever spent."
"The best training at this conference."
"This shows how much management values its employees."
"The time flew by."
"Highly motivating. I can't wait to apply these ideas."
"My headache (or other physical pain) is gone!
This has been a powerful experience."
"Too short!"

Conferences and retreats where the Gamows have presented *Breaking the Cycle of Stress*:

Association of Legal Administrators
National Annual Conference
Seattle, WA

Pierce County District Court
Annual Employee Recognition Retreat
La Quinta Inn & Conference Center, Tacoma, WA

U.S. Post Service, San Jose District
Annual Staff Retreat
Embassy Suites Conference Center, Monterey, CA

most valuable training they had ever experienced.”

Tom Fitzpatrick, Assistant to the Superintendent, San Mateo County Office of Education

“Of the more than 20 professional programs Kimpton Hotels offered last year, Clarity Seminars’ stress management seminar was ranked highest by employees. We believe we have better managers and leaders now as a result of them feeling more balanced, more relaxed, and less overworked.”

Niki Leandakis, Vice President Kimpton Hotel and Restaurant Group, San Francisco

“Frankly, we have not had much success with previous stress management trainers. But your program is markedly different. You’ve done more than a dozen highly successful training sessions so far for us-among the best for programs we offer, both in terms of effectiveness and enjoyment for attendees. We are glad to have found you.

*Jennifer Parker
Training Coordinator
Wilson Sonsini Goodrich & Rosati
Palo Alto*

“Thank you for bringing your meditation and stress reduction training to our patients and health care professionals. Your programs were a tremendous success...we heard so many positive comments from participants, and saw how much people appreciated and benefited from the experience. I only wish it had been longer. Next time, it will be! It was clear from the feedback that your program answers a pressing need. You are providing invaluable tools for stress reduction and pain management that anyone can learn in a few hours. The face of modern medicine is changing, and you are helping all of us to be a part of that change.

*Lance Sams, Team Leader
Morton Plant Mease Hospital
Clearwater, FL*

U.S. Army

Semi-Annual Leadership Conference
6054th GSU (Garrison Support Unit)
Oakland Naval Base

Yahoo!

Annual Sales Conference
De Anza Hotel, San Jose, CA

Teamsters Assistance Program (TAP)

Annual Northern California Conference
Teamsters Business Agents and Employers
Oakland, CA

California Family Support Services

44th Annual Training Conference
Riviera Resort, Palm Springs, CA

Washoe Health System

4th Annual Washoe Women’s Day
Flamingo Hilton Conference Center, Reno, NV

International Health, Racquet and Sportsclub Association (IHRSA)

Annual Conference
San Diego Convention Center, CA

3Com, Latin American Client Services

Employee Appreciation
Sonoma Mission Inn, Sonoma, CA

Amdahl Corporation

Education Solutions Group Retreat & Staff Appreciation
San Jose Doubletree Conference Center, CA

Human Services Management Corporation

Annual Staff Retreat and Meeting
Lakeland Village Resort
Lake Tahoe, CA

U.S. Forest Service

2008 Branch Annual Meeting, Reno, NV

Sutter Health Systems

Annual Patient Caregivers' Symposium
Sacramento, CA

San Mateo County Board of Education

Special Education Administrators and Managers Retreat
Oyster Point Yacht Club, South San Francisco, CA

National Aeronautics and
Space Administration
Ames Research Center
Moffett Field, CA 94035-1000



Reply to Attn of: DQH:218-2

Karen & David Gamow
Clarity Seminars
240 Monroe Drive, Suite #215
Mountain View, CA 94040

Dear Karen & David,

I want to thank you for the exceptional job you did on the "Breaking the Cycle of Stress" course here at Ames today. It was even better than the first class, and that one was tremendously successful! Feedback on the evaluations from all participants has been so enthusiastic...8-10s on a scale to 10. Can't get much better than that. After the first class, one manager told me "It's the best thing I've ever taken at Ames," and he's been here almost 20 years.

I feel this is the best stress management program we've ever offered in my 20 years at the Center, and I'm thrilled that we have you on contract for two more classes before the end of the fiscal year. With the response as great as it has been (30 people signed up for the class today!) it's obvious there's a great need. I am confident that we can continue to offer our employees this practical training in life that provides effective tools they can work with, and not just a lot of talk.

People I've spoken with about the course have commented on feeling more focused, calm, and have experienced increased productivity that continued for weeks after the training. It's exciting to think that hundreds of employees will be trained in these life-affirming techniques all over Ames as we continue to offer this course. This could truly revolutionize Ames Research Center. At least, it will revolutionize many people's lives on a daily basis.

In the face of the constant uncertainty, reduction in force, budget cuts, and reorganization facing NASA, this course is exactly what everyone needs. I wish we could make it mandatory for all employees...Now that would be revolutionary! Please feel free to refer any potential clients in industry or government to me for a recommendation.

Sincerely,

A handwritten signature in black ink that reads "Miriam Glazer". The signature is fluid and cursive, with a long horizontal stroke at the end.

Miriam Glazer, MA,
MPH Health Programs Manager



Dear Sir or Madam,

David and Karen Gamow of Clarity Seminars represent a rare breed of professionals who not only execute the “nuts and bolts” of their stress/personal management workshops flawlessly, but serve as trusted and valued growth partners to staff members throughout our organization. That’s because they quite literally practice what they preach — teaching timeless self management principles designed to help us reduce stress while gaining control of our work and personal lives, get more out of living in general, and have fun in the process. Moreover, they share lots of examples from their own careers, resulting in a rich and penetrating learning experience. Finally, they live their daily lives in harmony with their professional advocacy—they “walk the talk”.

They also just happen to be superb facilitators who deliver an inspiring and informative workshop that receives rave reviews throughout Yahoo! They make it a point to understand our business basics...objectives, strategies, execution plans, competitive activity... to help tailor their delivery to our unique needs They’ve been instrumental in successfully integrating new employees into the Yahoo! family, while helping raise everyone’s spirits when the going gets tough.

I wholeheartedly recommend David and Karen to you...they truly deliver a great workshop! I’m honored to have attended and sponsored them throughout Yahoo! They’re winners, and I’m proud to have worked with them.

Sincerely

Phil Quigley
Yahoo!
Talent Development Manager
701 First Avenue
Sunnyvale, CA 94089





David and Karen Gamow
Clarity Seminars
240 Monroe Drive, Suite 215
Mountain View, CA 94040

Dear David and Karen,

The day of your program, I said it was “awesome”, and now I can say it in a few more words.

Thank you for your excellent presentation for our Chief Information Office Business and Investment Branch employees at our annual Branch meeting. We have been through several years of significant change in our staffing and our organization, with yet another major change happening now. It has been a period of significant consolidation and extremely high stress.

Your program was perfect and was just what we needed. It was lively, fun, and completely engaging, start to finish. It was remarkably effective, as well. People had reductions in pain and physical tension after just one period of exercises. Our Assistant Director was so satisfied with your seminar, that he addressed the ‘teachings’ many times during his presentations during the week. This was followed by many of our Branch presenters doing the same. I know many people are using the technique for overcoming insomnia. Your teachings on how to deal with difficult people at home and at work will be a life-saver!

I recommend your program for anyone — really, EVERYONE would benefit from it. It’s a perfect program for an off-site meeting. You are performing a great service.

Thanks again for making a difference!

Sincerely,

A handwritten signature in black ink, appearing to read "Gina M. Thomas". The signature is fluid and cursive, with a long horizontal line extending to the right.

GINA M. THOMAS
Chief Information Office/Business & Investment Branch
2008 Branch Conference Coordinator
USDA Forest Service

Six consecutive years on Fortune Magazine's
"The 100 Best Places to Work For" List



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David and Karen Gamow
Clarity Seminars
240 Monroe Drive, #215
Mountain View, CA 94040

Dear David & Karen,

The response from our employees to your training has been extremely positive. When we first announced your training at our headquarters, two sessions filled up so quickly, we needed to add another, and yet another in just 24 hours.

Your program is excellent. Several people commented that it was the best training they had ever experienced, anywhere. I have heard many individuals share that this session was potentially life changing for them. People are using the ideas shared to communicate more carefully and thoughtfully with others, and to focus more effectively at work.

The reviews were strong enough that we decided to make this program available to our other offices. Our Menlo Park office administrator reported afterwards, "I heard rave reviews about this program from our Seattle office, and that caught my attention. But I've seen a lot of training over the years, and had my doubts. Seeing it for myself, I have to say, it greatly exceeded my expectations. You really connected with our staff."

Thank you for being a part of our training offerings. We look forward to bringing these programs to more of our staff.

Sincerely,

A handwritten signature in blue ink that reads "Tracy Laurie".

Tracy Laurie
Staff Training & Development Manager

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ANCHORAGE · BEIJING · BELLEVUE · BOISE · CHICAGO · DENVER · LOS ANGELES · MENLO PARK
OLYMPIA · PHOENIX · PORTLAND · SAN FRANCISCO · SEATTLE · SHANGHAI · WASHINGTON, D.C.

Perkins Coie LLP and Affiliates

Stanford University
Stanford Linear Accelerator Center
Operated for the U.S. Department of Energy by Stanford University



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Training Coordinator

David & Karen Gamow
240 Monroe Drive, Suite 215
Mountain View, CA 94040

Dear David and Karen,

Thanks to both of you for another superb session today! Your program has proven to be popular here. As always, we are receiving wonderful feedback.

A stream of people leaving the classroom thanked us personally, saying that this was the most beneficial training they ever attended. Typical of the comments we received was this enthusiastic evaluation: "Two thumbs up! This is a workshop not to be missed. It will change your life!" We pride ourselves on offering practical training to our people, so this is saying something, indeed.

Our employees are an extremely intelligent group of people, including some of the country's finest research scientists, and they gave this program top ratings. It's a big plus that the program is based on clinical research and that people can experience the results of the techniques first-hand. Even our traditional skeptics were won over.

We're very pleased to provide this training to our employees, and plan to have you back again soon. This program is very much needed, and it works.

Sincerely,

A handwritten signature in black ink, appearing to read "Erin M. Shatara".

Erin M. Shatara
Training Coordinator

Additional Testimonials

A sampling from sponsors and participants about Clarity Seminars' Stress Management Training

One of the best seminars I have ever attended. It has made a huge difference in my life, as well as a **tremendous positive impact on my performance** in a highly stressful work environment.

—Becky Stokes, Manager
Sun Microsystems

Thank you for delivering a great program to our employees. I must admit, I was skeptical about how these techniques would benefit me once my busy day began, but I have been happily surprised. I have felt **noticeably more relaxed, focused, and effective at work**. I also find that I have **increased clarity**, enabling me to be more proactive and strategic when challenges at work arise.”

—Teresa Agustin, Learning & Development Manager, Yahoo! Inc.

My doctor ordered me to take this course. **My perceptions have changed completely in just four weeks**. I'm able to handle so much more than I used to, with much less stress and anger.

—Craig M., Manager, 3Com

I have had a great deal of trouble falling asleep; my mind is racing all the time. Since your program, I've been able to fall asleep immediately, and sleep all the way through the night again. **What a difference it makes at work.**

—Linda S., small business owner

We have seen an immediate benefit from your seminar. People who have completed the program have seen and felt a difference in their professional and personal lives. We are eager to have more employees attend and apply the techniques. Thanks for a wonderful and well received program!

—Tony Deblauwe, Director of Human Resources, Nokia Northern California

Of the more than 20 management training programs Kimpton offered last year, your seminar was ranked highest by our employees. **We believe we have better leaders now** as a result of it: more balanced, more relaxed, and less overworked.

—Niki Leondakis, Vice President
Kimpton Hotels

The response to your program has been so enthusiastic, our company president asked to join in on last week's session. But there was an additional benefit I hadn't anticipated. Employees were surprised and gratified that the company offered training for them, personally. It wasn't just technical/job skills training. It was also help for them as human beings. Management was pleased that people responded so positively, because **we want to show how much we value our people.** Thank you.

—Lisa Vere, HR Manager
Rosendin Electric

The most exciting new thing I have learned in a long time. Wonderful and very useful information made very interesting and humorous. Exercises were incredible.

—Nancy Outenreath, Oncology Nurse

It's very hard to characterize this class. It's foundational for a wide variety of subjects: Customer Service, Coping with Difficult People, Reducing Stress, and more. It contains solid information about relaxation, stress, coping and ultimately taking personal responsibility for changing those things we can change. **Great, great class. I highly recommend the Gamows' training.**

—Diane Flannigan, Training Manager,
Coldwell Banker

Frankly, we have not had much success

with previous stress management trainers. But your program has been markedly different. You've done more than a dozen highly successful training sessions so far for us. **We are glad to have found you, as it has filled a long-standing gap in our training.** Working with you has been a pleasure.

—Jennifer Parker, Training Coordinator,
Wilson Sonsini Goodrich & Rosati

We offer programs regularly to employees, but they are often more “talk” than techniques and tools. **Your training was full of hands-on techniques that people can take back to the office and apply in their lives—with noticeable results.** I've gotten very positive feedback for employees. I highly recommend your program. This training is needed here in Silicon Valley, and it works!

—Angela Lepore
Benefits Administrator, Oral-B

Our employees are an extremely intelligent group of people, including some of the country's finest research scientists, and they gave this program top ratings. It's a big plus that the program is based on clinical research and that people can experience the results of the techniques first-hand. **Even our traditional skeptics were won over.**

—Erin M. Smith, Training Coordinator
Stanford Linear Accelerator Center

I have never seen such a positive response to a program. Many people afterwards said things like: “the best seminar I have ever attended” — “powerful” — “life-changing”. **Honestly, the testimonials don't begin to describe the power and effectiveness of your program.**

—Kaylene Riggs, Director of Sales,
Tenaya Lodge at Yosemite

What I didn't tell you (I didn't want to raise *your* stress level) was that the group of sixty managers you were about to train were all veteran educators who definitely have a "show me" attitude when it comes to staff development — a very tough audience. Well, the reviews are in and you guys were an absolute hit — **the single highest rated program we have ever had.** Many participants told me that it was the most valuable training they had ever experienced.

—Tom Fitzpatrick,

Assistant to the Superintendent
San Mateo County Office of Education

You have no idea what taking your class has done for me. **The shoulder pain I have had for three months is almost gone.** Thank you so much.

Sharon B., Stanford University

This is a high-stress environment, and your training has been a great help in accomplishing what we need to get done here. Having a core of trained people has benefited the whole Center. **Even one person with calm energy in the face of challenge helps everyone to respond at their best.** I recommend your work highly.

—Charles Palmer, Jr. Administrator,
351st Civil Affairs, U.S. Army

We've been going through a very stressful downsizing. After your program, we hired a placement company to help staff find jobs. The counselor called me with surprise and said, "Usually people are worried about the changes awaiting them. Your people have been calm and collected, even laughing and enjoying the process. Why?" I attribute it largely to the success of your program. **It has been invaluable for our people in dealing with the changes that have taken place.** Thank you!

—Jennifer Rieble, Training Director,
Burns Philp Corporation

It has been a high priority for me, personally, to bring these skills to our people; it's something I wish I had learned earlier in my career. **Your program is excellent and high-energy,** designed to meet the needs of the most demanding hotel professional.

—Bruce Carpenter, General Manager,
Westin Santa Clara

I feel different—more relaxed, more in control. This program has been a powerful experience.

—Astrid Terlep, Administrator, NASA

95% of participants rated the program as *excellent*. The skills and techniques that you shared will be an invaluable asset to supporting our health care mission.

—Dani Walter, MPH, Integrative Medicine Coordinator
St. Anthony's Hospital, St. Pete, FL

This was one of our most successful programs; seventy people attended. Everyone is asking me when you can come back for more.

—Carol Montgomery, HR Manager
Maxtor

I've had chronic neck pain for many years, and work in a very stressful environment. Yet, after practicing these techniques for only a short time, **my neck pain is almost completely gone.**

—Emma Ybarra, Printer,
Mountain View, CA

Looking at people's faces afterwards, I could tell they were very pleased with the program. One of the people I was hoping would benefit the most is doing the exercises every day. **He is getting along better with his colleagues. I see real improvement in his behavior.**

—HR director (Anonymous)

I enjoyed your program immensely. This program is excellent for people on the bench. I've thought long and deeply about how to respond to the people who appear in my courtroom, given their frustrations, lack of respect for authority, and the necessity to be both understanding and strong. Thanks again for the important information you've provided. I intend to implement all of the tools in my professional and personal life.

—A judge (anonymous as required by law)

We needed this program. It couldn't have come at a better time. It had a powerful effect on a number of our people who are experiencing extremely challenging situations — divorce, caring for aging parents, serious illness — on top of the demands of managing a busy conference hotel with more business than usual. Just looking into the faces of these people, I could see immediate benefit from the techniques you taught.

—Chrissie Plock
Director Human Resources
Hilton Tampa Westshore, FL

I practice the guided exercises with your CD every other day, and find it very helpful. It's terrific reinforcement.

—Jeff Ing, Sales Manager, Oracle

I just want to say thank you! The techniques you teach are wonderful. I have gained so much control over areas of my life that I always felt I had very little control over. I just experienced, hands down, the best interview of my life. I was offered the job I have wanted, but never had the courage to apply for until now. This experience has given me confidence and a positive perspective. **I'm amazed at how just a few hours of your program changed my life in such dramatic ways.**

—Kellie. W., NASA



**CLARITY
SEMINARS**

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David and Karen Gamow

Trainers & Conference Speakers

Course Outline

Breaking the Cycle of Stress

This is the outline for a full 3.5-hour program.

All of the topics are covered in shorter programs in abbreviated form.

Physiological approaches to stress

Stress points in participants' lives

Health impacts of prolonged stress

Clinical research on stress and on the benefits of these exercises in reducing stress

Guided practice session of relaxation, breathing, and meditation techniques:

Benefits of each of the techniques, in order that they are taught: lower blood pressure, reduce insomnia, reduce or eliminate pain, release physical tension, calm nerves and emotions, increase concentration and awareness.

Q & A on exercises

Tips for incorporating these exercises in daily life

- Short break -

Cognitive approach to stress

Commonly held misperceptions that dramatically increase stress

The culprit: unconscious, habitual reactions

How never to be out of control again: choosing instead of reacting

A 4-step process developed by a Harvard M.D. for controlling our reactions

Learning to step back: tips for seeing the bigger picture

Martial arts for the mind: discipline, focus, effectiveness, speed, and calm

Productivity unleashed: how mental clarity cuts projects into minutes that formerly might have taken hours or days to complete

- Closing in 2 hour program; short break in 3-4 hour program -

In a 3.5 hour program:

Second guided practice session

Two additional techniques for managing neck tension and for anxiety attacks

Breaking the stress habit in the heat of battle—work and family stresses

Participants discuss how to apply these ideas in their work and home life

Closing

Handouts:

Practical hints for establishing a daily routine

Guided relaxation and breathing exercises on CD

Meditation and relaxation written instructions

A survey of recent research on meditation and stress



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SEMINARS**

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David and Karen Gamow

Trainers & Conference Speakers

Program choices & fees

Breaking the Cycle of Stress

also titled: Martial Arts for the Mind

Keynote

2-hour or 2½ hour program

**a popular length for conferences*

3½ hour program

**this full-length program is ideal if time allows*

Cost: \$2,800 depending on location and number of participants.

Call for exact pricing for your event.