

# FREEDOM FROM STRESS

## *Skills for Health and Peak Performance*

also titled "Martial Arts for the Mind"

"Freedom from 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. (See testimonials on following pages)

**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 significant relief from chronic pain.
- Enhance your personal productivity. Focus the mind where you want it to go, to achieve results more quickly and effectively.

"This is the best stress management program we've ever offered in my 20 years at NASA."

— M. Glazer, Programs Manager,  
Ames Research Center, NASA



"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



"Staff are under tremendous pressure since 9/11. Your program was a life-saver for the participants. Senior managers have asked that this be made available to all our employees on an on-going basis."

— Mary Jo Snell, Training Manager  
Denver International Airport

### —Clients include—

NASA • U.S. Post Office  
U.S. Forest Service  
Social Security Administration  
IBM • Yahoo! • Hitachi  
Stanford School of Medicine  
Nokia • GE Healthcare  
U.S. Army • City of Palo Alto  
District Court, Tacoma  
Stanford Research Institute (SRI)  
San Jose Police Department



David and Karen Gamow

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*, 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.

Clarity Seminars • (650) 917-1186 • [www.clarityseminars.com](http://www.clarityseminars.com)

# Freedom from 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

"*Freedom from 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*":

#### U.S. Post Service, San Jose District

Annual Staff Retreat

Embassy Suites Conference Center, Monterey, CA

#### Yahoo!

Annual Sales Conference

De Anza Hotel, San Jose, CA

#### U.S. Army

Semi-Annual Leadership Conference

6054th GSU (Garrison Support Unit)

Oakland Naval Base

told me it was the 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*

**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

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

**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

**Association of Legal Administrators**  
National Annual Conference  
Seattle, WA

**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 Stress Habit" 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".

Miriam Glazer, MA,  
MPH Health Programs Manager

Note: More testimonial letters can be viewed at [www.clarityseminars.com](http://www.clarityseminars.com).



City & County of Denver  
**JOHN W. HICKENLOOPER**  
Mayor

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

Dear David and Karen,

I just wanted to thank you for the two excellent trainings you provided for our staff. We were very pleased with the response, especially from our senior managers. They are under tremendous pressure from the heightened security needs we face since 9/11, and it has taken a toll on our people. Your program was a life-saver for all the participants, and provided techniques that people can immediately put to use as soon as they walk out of the classroom.

We opened up the training to everyone on staff, from maintenance people to top-level management, and had a great cross-section of participation.

Several senior managers who attended were very pleased with the program's practicality and effectiveness. They asked that this be made available to all our employees on an on-going basis. If the response to the last two trainings is any indication, there will be a full crowd again next time you come. We look forward to having you back again, soon.

Sincerely,

Mary Jo Snell  
Human Resources Training Manager  
Denver International Airport



**DENVER**  
**INTERNATIONAL**  
AIRPORT

Department of Aviation  
Airport Office Building  
8500 Peña Boulevard  
Denver, Colorado 80249

**303.342.2200**  
[www.FlyDenver.com](http://www.FlyDenver.com)



*37th Annual Educational Conference and Exposition  
Seattle, WA*

**GM33 Break the Cycle of Stress: Skills for Health and Peak Performance**

Speaker: David and Karen Gamow

Date: Wednesday, May 07, 2008

Time: 2:15 PM - 3:30 PM

Attendees: 160

Responses: 148

- 1. The presenter demonstrated mastery of the topic..... 6.91
- 2. The presentation was well organized..... 6.87
- 3. The content was interesting to me..... 6.84
- 4. My learning objectives for this course were addressed..... 6.77
- 5. I gained new insight relevant to my work..... 6.68
- 6. The difficulty level of this presentation was appropriate..... 6.80
- 7. The handouts appropriately supported the presentation..... 6.53
- 8. The visual aids appropriately supported the presentation..... 6.51
- 9. Presenter made good use of allotted time..... 6.84
- 10. The conference brochure described the course adequately..... 6.79

**Total conference average was: 6.05** (Out of a possible 7) **Overall Rating: 6.75**

- 11. Presenter and topic were excellent..... 6.88

	<u>Yes</u>	<u>No</u>	<u>No Answer</u>
12. The length of the course was appropriate.....	97.3%	2.7%	1.4%
13. The facilities for this presentation were satisfactory.....	90.4%	9.6%	1.4%
14. Presentation was adequately detailed.....	99.3%	0.7%	1.4%
15. Presentation was relevant to my profession.....	99.3%	0.7%	0.7%
16. I would recommend this speaker(s) for future conferences	100.0%	0.0%	2.8%

Dear David & Karen,

Your session was one of the most highly rated! Thank you to you and David for all of your work. As such a highly rated speaker, we will definitely keep you mind for future events. Thank you again.

Pam Stong, Director of Professional Development  
Association of Legal Administrators



**DEPARTMENT OF THE ARMY**  
HEADQUARTERS, 351ST CIVIL AFFAIRS COMMAND  
1776 OLD MIDDLEFIELD WAY  
MOUNTAIN VIEW, CA 94043-1809

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

Dear David and Karen:

I wanted to drop you this thank you for the stress-reduction program you presented for my staff and other personnel who work in the Jones Hall United States Army Reserve Center (the "Center") in February. It's been several months since the training, and we are still feeling the positive results. I can easily identify the people who attended the course. As you know, this is a high stress environment, and the training has helped decrease stress significantly. It's been a great help in accomplishing what we need to get done here.

A pleasant surprise - even those who weren't able to take the course have benefited by the improved atmosphere. Somehow, it's rubbed off; they are also experiencing greater productivity and reduced stress. 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.

We are constantly faced with challenges in this high operational environment. Currently, while we are preparing for the deployment of a substantial number of our soldiers, I feel we are better prepared to take what comes in stride and respond appropriately as needed.

On a personal level, it has helped me to put into perspective those areas that are otherwise stress inducers and deal with them in a productive, stress-reducing way. I have told several people about some of the techniques you use to view life in a way that helps the individual control life, instead of life controlling the individual.

I recommend your work highly. The staff and I thank you for bringing this training to the 351st Civil Affairs Command. Please feel free to use this letter and me as a reference. Of course, I can be reached at (415) 968-1696, ext 202.

Sincerely,

CHARLES R. PALMER JR.  
Supervisory Staff  
Administrator

CF: COL (P) Altshuler, CDR, 351st CA Cmd



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".

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



## SOCIAL SECURITY

Center for Human Resources  
1221 Nevin Avenue  
P O Box 4115  
Richmond, CA 94804

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

Dear David and Karen,

It was a pleasure to introduce your training session at the Social Security Administration yesterday morning. I meant what I said to the group. Having taken your program last year, I knew they were in for a treat. I am still taking advantage of what I learned in your class, and find it very effective. The techniques you teach are easy to learn and do, and easy to practice anywhere.

Everyone needs to take time for training like this. People have a lot going on in their lives, and they also need to be prepared to meet new challenges. Your training offers invaluable skills for success in work, and in life. Thank you for the benefits your training brings to our employees in SSA. I am very pleased to recommend it.

Sincerely,

Brenda M. Paulin, Director  
Center for Human Resources  
Social Security Administration

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



2575 Sand Hill Road, MS 11  
Menlo Park, CA 94025  
(650) 926-2265 (phone)  
(650) 926-4999 (fax)  
E-mail: [erin@slac.stanford.edu](mailto:erin@slac.stanford.edu)  
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. Smith", written in a cursive style.

Erin M. Smith  
Training Coordinator



**CLARITY  
SEMINARS**

*www.clarityseminars.com*  
240 Monroe Drive, Suite 215  
Mountain View, CA 94040  
(650) 917-1186 • *query@clarityseminars.com*  
(888) 917-1186 • (925) 263-0015

*David and Karen Gamow*  
*Trainers & Conference Speakers*

## Course Outline **Freedom from Stress**

*Please note: This outline shows the content for a 2, 3 or 4 hour conference program. The 4-hour program is our complete training. is for a four-hour conference program.  
The conference program is also available in a 3 or 2 hour session,  
which includes nearly all of the same topics, but condensed.*

### **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 or 4 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*



**CLARITY  
SEMINARS**

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(888) 917-1186 • (925) 263-0015, fax

*David and Karen Gamow*  
*Trainers & Conference Speakers*

## Program choices & fees

### **Freedom from Stress** for Health & Peak Performance

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Keynote

One-hour program

Two-hour program  
*\*most popular length for conferences*

Three and a half hour program  
*\*this full-length program is ideal if time allows*

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*Cost: \$2,800 - \$6,000. Conferences in northern California will tend to be at the lower end of the range. Call for exact pricing for your event.*