

# BREAKING THE CYCLE OF STRESS

## *Skills for Enhancing Workplace Performance and Effectiveness*

*also titled Martial Arts for the Mind*

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This training, also used at NASA, is at the cutting edge of stress reduction. It provides a combination of cognitive training for getting at the root causes of stress, along with powerful breathing, relaxation, and meditation techniques. These methods have been clinically proven at Harvard and MIT to reduce blood pressure, relieve chronic pain and insomnia, and increase mental focus.

Incorporate powerful changes in attitude into your life, along with easy-to-learn techniques that will greatly reduce your stress. Participants will 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 techniques that can be done in just a few moments.
- Achieve relief from chronic pain and insomnia.
- Enhance personal productivity. Focus the mind where you want it to go, to achieve results more quickly and effectively.

"We all are in agreement that yours is one of the best training sessions any of us have taken at Stanford (or anywhere else, for that matter)."

— David Silberman, Manager  
Stanford University School of Medicine

"Our people loved your training last week. Staff requests to attend and attendance were at an all-time high. I was impressed with the benefits of the program, and the motivation people felt."

— Leila Llewelyn, Director of Education  
San Mateo Medical Center

"I just wanted to thank you for presenting such a cogent and much needed seminar for our Ob/Gyn residents. It was exactly what I was hoping to give to our hard-working group."

— Robin Field, M.D.  
Kaiser Permanente, San Francisco

### —Clients include—

NASA • U.S. Army  
Stanford School of Medicine  
Sutter Health • Seton Medical  
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UC San Francisco  
Oral-B • Yahoo! Inc.  
Kaiser Permanente  
Stanford Linear Accelerator  
San Jose Police Department  
Genencor • GE Healthcare



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.



STANFORD UNIVERSITY SCHOOL OF MEDICINE

*Stanford University Medical Center*

*Human Resource Group*

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

Dear David and Karen,

I am writing to let you know that I have heard excellent reviews of your three-hour stress management seminar, *Breaking the Cycle of Stress*, which you conducted yesterday for 14 of our Directors of Finance and Administration and senior management staff. They commented that it was “fabulous” and the fastest 3 hours they had ever spent. I heard some remarkable reports of the benefits people experienced.

Due to the excellent feedback, we would like to have you return for an encore presentation. We have also received an inquiry about doing a session for one of our other departments.

One of the participants wrote:

“I couldn’t wait to tell you how much I appreciated the workshop. I am never able to sit in a chair for long due to my bad back. Yet, I had absolutely no trouble sitting the entire three hours without even a hint of being uncomfortable (which I am 99.99% of the time). Another positive outcome is that I have done the guided exercises 5 days in a row and am seeing tremendous ongoing benefits [in both pain relief and communicating more effectively with others]. I can’t begin to thank you enough for the workshop and all that I learned and gained from it. The benefits are incredible. Meeting these presenters has changed life dramatically for me in so many ways and in such a short time.”

Thank you so much for the wonderful experience you provided for our administrators, and for providing a very useful, worthwhile training session for our professional staff. They not only found it informative, they are very enthusiastic about incorporating the techniques they learned into their everyday work life.

Sincerely,

A handwritten signature in cursive script that reads "Cori".

Cori Bossenberry  
Director  
Human Resource Group



2425 Geary Blvd.  
San Francisco, CA 94115

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 presenting such a cogent and much needed seminar for our Ob/Gyn residents. It was exactly what I was hoping to give to our hard-working group.

To have longevity and success as a physician, we all need to gain mastery over our own stress and ourselves, or we become depleted and burn out at the source.

As I said to the group before your program, it's like the airline announcement that 'in case of an emergency, we need to first place the oxygen mask securely over our own face before we can help the one next to us'.

To become effective healers, we need to break our own cycle of stress so our compassion and skills are better able to pour out to help those in need.

Robin Field, M.D.  
Ob-Gyn Residency Program Director  
Kaiser Permanente, San Francisco

*(testimonial received by email)*



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

Dear David and Karen,

Our people loved your training last week. People gave it an average rating of 9.6 out of 10. Staff requests to attend and attendance were at an all time high for this class. Many more staff would like to take the training. We almost never bring in outside trainings because our budget is somewhat limited, but I am hopeful we can find a way to bring you back in the spring.

I was impressed with the benefits of the program, and the motivation people felt. People came away knowing that they could take simple steps to immediately improve their ability to communicate and work effectively with others. The attendees really came to see that they can have much more control over their reactions than they normally think is possible. The analogies and stories were very powerful.

The relaxation and breathing techniques are also very effective. Several participants with serious pain reported significantly reduced pain after just one exercise.

I highly recommend this training. Thank you for bringing this program to our staff.

Sincerely,

Leila Llewelyn,  
Director of Education

**Board of Supervisors:** Mark Church • Rose Jacobs Gibson • Richard S. Gordon • Jerry Hill • Adrienne J. Tissier • **Interim CEO:** Sang-ick Chang, M.D.  
222 W. 39<sup>th</sup> Avenue, San Mateo, CA 94403 • 650-573-2222 • [www.sanmateomedicalcenter.org](http://www.sanmateomedicalcenter.org)

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*Main Campus Clinics: Primary Care Clinic, OB/GYN Clinic, Pediatrics Clinic, Medical Specialty Clinic, Surgical Specialty Clinic, Dental Clinic, Eye Clinic  
Ron Robinson Senior Care Center • Coastside Clinic • Daly City Clinic • Daly City Youth Health Center • South San Francisco Clinic  
Sequoia Teen Wellness Center • Fair Oaks Clinic • Fair Oaks Children's Clinic • Willow Clinic • Methadone Clinic • Burlingame Long-Term Care*



Department of Pathology

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www.ucsf.edu/pathol/

Dear David and Karen,

We were very pleased to offer three sessions of your “Breaking the Cycle of Stress” training to our Pathology staff.

One of our senior managers said that the program was:

“Educational with the potential to liberate; this should be taught in grade school to everyone. This is a life skill worth having.”

Other comments we received:

“It was an EXCELLENT workshop. Very relaxing and positive. I am eager to start practicing.”

“This program has a lot of real-life examples and situations that are helpful to us to handle our stress. Today’s program is beneficial to us for the rest of our lives.”

“Relevant to everyday situations. I felt like I could realistically apply the techniques immediately after.”

Our staffers are a busy and skeptical bunch, so it was a pleasant surprise that the feedback was so positive. We were very glad to offer this to our employees. It was a high priority for us to offer a beneficial program that would really help people with stress levels. Your program is useful and effective, and we appreciate what you have brought to our department.

We highly recommend your work.

Sincerely,

A handwritten signature in black ink that reads 'Anna Halvorson'. The signature is fluid and cursive, with a long horizontal line extending to the right.

Anna Halvorson



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

Dear David and Karen,

Once a year, our office brings in special training to benefit the staff and the operation of the clinic. This year, for the first time, we chose your training, to help us learn how to deliver top quality customer service to our clients and stay sane in the process. Many of our clients are low-income with sick and struggling children. It's a very high pressure situation for them, and for us.

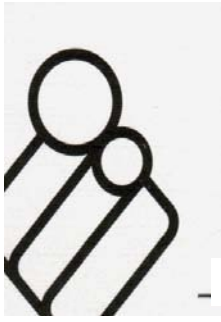
Your training was really outstanding - one of the best I have ever attended. It was motivating and insightful. Our staff gained tools that many are using every day to feel more of a sense of self-mastery and control over their lives. The feedback was very positive from everyone, from doctors to the administrative support. I think the doctors appreciated it the most, actually. You opened up a group discussion on issues we have not addressed so openly in the past: stress, how we respond to it, and how we treat each other under pressure.

I am seeing a real difference in myself and others, and I wanted to thank you for bringing this program to our group. I recommend your training with enthusiasm.

Sincerely,

A handwritten signature in blue ink that reads 'Linda Olson'. The signature is fluid and cursive.

Linda Olson, Office Manager  
Bay Area Pediatric and Pulmonary Clinic



# NCPOP

## Northeastern California Perinatal Outreach Program

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*Supported by the hospitals of northeastern California*

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

Dear David and Karen,

Thank you for presenting at our 13<sup>th</sup> annual conference for perinatal nurses. These events are generally heavy on information to help us stay current with the latest research and best practices.

But the pressures we face are tremendous. I was hoping to find a program that could benefit our people by enhancing their ability to deal with the stresses and deadlines of our demanding profession. I had high hopes after seeing the testimonials from other conferences at your website.

Your program received rave reviews. It was everything I hoped for, and was one of the most popular events of the two-day conference. "Practical, inspiring, life-changing, empowering, effective" were just some of the comments I heard from the nurses afterwards.

I've wanted to offer this kind of training to our nurses for years and am very glad to have found you. I recommend your work with enthusiasm.

Sincerely,

Barbara Boehler, CNM, MSN  
Regional Perinatal Programs Manager  
Sutter Health



*Sutter Health*  
Sacramento Sierra Region

June 29, 2008

Dear David & Karen,

As coordinators of the 2008 Patient Caregivers Symposium, we want to thank you for your very special part as the Keynote Speakers for our June 5th event. Your presentation "Marital Arts for the Mind" fit beautifully with our theme of coping with change and reducing stress, and blended superbly with the speakers that preceded and followed you. The strength of your topic ensured a highly successful, informative, and fun event.

Evaluations were positive, and we have received many comments from staff stopping us in the halls offering thanks and praise. Several staff told us they have begun doing the short meditation exercise and they do feel it is making a subtle difference they can notice.

Enclosed are the evaluation summaries for your review. Your overall ratings averaged from 228 participant evaluations are excellent: "Knowledge" was rated 4.6 of 5 and "Style" rated 4.5 of 5 maximum scoring. The comments are transcribed from the evaluations.

After reviewing the comments and talking with participants and our team of helpers, many of whom are also educators themselves, we feel you delivered what we hoped your presentation would offer our attendees.

It was as much our delight to work with you both, during our planning phase prior to the June 5<sup>th</sup> event, as it was to participate during your presentations that day. We would highly recommend you to any other Sutter and healthcare groups who may be looking for speakers on your topic.

With much gratitude and appreciation, THANK YOU, David and Karen!



*Kay Jelten*  
Kay Jelten

*Marci Lampe*  
Marci Lampe

*Nora O'Neill*  
Nora O'Neill

# 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**

240 Monroe Drive, Suite 215

Mountain View, CA 94040

(650) 917-1186 • [query@clarityseminars.com](mailto:query@clarityseminars.com)

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*David and Karen Gamow*

*Trainers & Conference Speakers*

## Course Outline

### **Breaking the Cycle of Stress**

*Please note: This outline is for a four-hour training, with an optional two-hour follow-up.  
This training is also available in three-hours or an abbreviated two-hour seminar.*

#### **Hour 1**

Introduction

Goals and objectives of the seminar

Stress points in participants' lives (write on board)

What is stress?

Health impacts of prolonged stress

Scientific research on benefits of relaxation and meditation in reducing stress

Guided practice session

#### **Hour 2**

Q & A on exercises

How to make relaxation techniques a daily habit

Mind/body approaches to healing stress

#### **Hour 2.5**

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

#### **Hour 4**

Guided practice session

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

Participants discuss or role-play every-day challenges

Closing/homework/evaluations

#### **Follow-up session** (Optional, and ideally one week later)

Practical applications—open discussion of experiences since first session

Learning to step back: tips for seeing the bigger picture

Guided practice session

Closing/wrap-up/long-term homework

Handouts:

*Practical hints for establishing a daily routine*

*Guided relaxation and meditation 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*  
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## Fee Schedule

### **Breaking the Cycle of Stress**

*also titled*

**Martial Arts for the Mind: Stress Management Skills for Peak Performance**

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2 to 4 hour seminar	\$2,100
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*Ideal program length is 3.5 to 4 hours*

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Suggested 2-hour follow-up	\$1,200
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*One to two weeks later*

A follow-up session is helpful for attendees, allowing them to ask questions based on experiences since the training. A brief review helps deepen understanding and application of ideas.

These rates are for the training session, and not per person. The ideal class size is 8 to 30 participants.

All handouts and guided practices on CD are included for up to 30 participants.

*For conference keynotes, break-out sessions, or programs requiring an overnight stay, please call for pricing.*