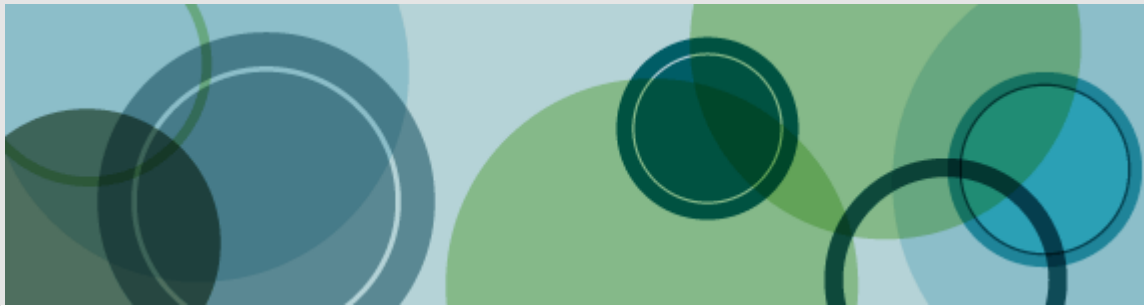


Subject: Be Well! Newsletter from Daniela Bayer



Be Well! Newsletter

January 2012, Issue 1



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About Daniela Bayer

Inspired by my own personal experience and life journey, it is my desire to help you effect positive and lasting change in your life. I have studied and practiced natural healing arts since 1995, and am currently working toward a PhD in Health Psychology. [Read More](#)

I write books and provide consulting, teaching, and coaching on a broad range of

Welcome to 2012, a year of change and transformation because life enjoys the forward motion.

My new year started off with a bang. I moved office from Saratoga to San Jose, California. My new office is located in the heart of Silicon Valley and is easily accessible from freeways 101, 280, 880, and highway 17. The elegant building is adjacent to Santana Row and overlooks the Santa Clara Valley; the view is spectacular and I know you will enjoy it as much as I do!

Come for a visit. Book an appointment between now and the end of April 2012 and enjoy 50% off your sessions, which is my way of welcoming you to my new office and saying thanks for your patronage. And if you are away from the San Francisco Bay Area, no worries; sessions are available on Skype and by phone. [Make Appointment](#)

Let's talk stress

It seems like somehow with the modern conveniences and technological advancement we have managed to create living and working environments that are not only stressful but also not optimal for mental and physical health. How many people did you hear today complain about being stressed out, feeling overwhelmed, under pressure, unable to cope, anxious, unable to sleep, tense, scattered, tired, forgetful, and unable to concentrate? These are all symptoms of unmanaged stress.

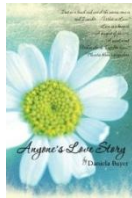
The good news is that our bodies have an incredible capacity for self-defense and self-healing. To ensure survival, the body has developed a system of hormonal

lifestyle related topics, including stress and coping, eating habits, physical exercise, health, and self-empowerment.

I work with individuals, couples, families, schools, work groups, and businesses. [Testimonials](#)

My clients come to me when they are ready to make a lifestyle change and need help with removing self-imposed limitations and inner barriers that cause stress and make achieving life goals difficult to do. [My Approach](#)

Anyone's Love Story



Once they end a significant relationship, many people are left with questions to be answered and pain to be nurtured. The breakup opens the door to life's most important lessons, and my book *Anyone's Love Story* (ISBN 1449927912) gives you an opportunity to explore the love story within.

Available in Hardcover \$17.98 ([Limited Edition](#)), Paperback \$9.99, and eBook \$9.49

** Prices vary in international locations. Please check with [Amazon](#), [Barnes & Noble](#), or your local bookstore.*

defense against stressors. However, without proactive management and some form of natural strategy, the persistent stress and severe and traumatic life events put too much strain on the system and the inner defense mechanisms begin to break down, causing physical, psychological, and physiological imbalance. If other risk factors are in place, the body and mind begin to develop an illness. Stress and anxiety have been linked to cardiovascular disease, cancer, and infectious diseases.

Let's do something about it

All change begins with awareness. Stress resiliency and stress hardiness can be learned, even in adult age. Stress hardiness is a combination of courage and coping strategies that take stressful life situations and turn them into opportunities for personal growth. Courage grows out of fear and is considered to be a natural part of mature adult development, together with humility, acceptance of surprise, and self-exploration.

There will always be uncertainty in life, and coping and personal growth require future oriented decision making ability, hopefulness, and commitment to fulfillment, purpose, and meaning. This can be learned, and the uncertainty can evolve from being a source of stress to becoming a source of genuine excitement, depending on the degree of awareness and desire for continuous growth, willingness to take risks, and ability to handle success. Yes, success!

If the old and outdated patterns of thinking, feeling, and reacting weigh you down and you are genuinely interested and ready to make a positive change, I would love to help you. Together we design your individual path to well-being, drawing upon your own source of wisdom, purpose, and meaning. Take the first step...

Commit to your well-being.

Sincerely,

Daniela Bayer

@ Gentle Remedy



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