

Media contact: Gabriella "Gaby" Boehmer
(831) 338-8710 or gboehmer@heartmath.com

Keys to Life, Love, Energy and Better Relationships

July 14th join Howard Martin and John Gray for a special webinar presentation

The pursuit of happiness characterizes the human condition. But for many stress, money worries, and health issues can take a toll on our ability to sustain a positive outlook on life. New research has identified that the heart-brain connection plays a critical role in our resilience factor and in achieving happiness and maintaining healthy relationships. Join HeartMath's Howard Martin and *New York Times* best selling author, Dr. John Gray as they explore the heart-brain connection and the role that hormonal balance plays in the context of our relationships and the quality of our health. They'll provide you with practical tools to improve the heart-brain connection and help you effectively manage stress. You'll gain a new understanding about how you can revitalize your life experience and enrich your relationships. Mark your calendar and register for this exciting webinar presentation on **Wednesday, July 14th at 5:00 pm PDT**.



Increasing resilience to stay ahead of modern-day stress

Spend an enjoyable hour with Howard Martin, author of *The HeartMath Solution* and Executive Vice President and founding member of the HeartMath organization, and John Gray, author of *Men Are From Mars, Women Are From Venus*, as they expand on new approaches to increasing your resilience level. They will share fascinating research on the heart-brain connection and explain why this connection is so important when it comes to effectively reducing stress, building more resilience.

Howard and John's presentation is as informative and inspiring as it is entertaining. This presentation will give you more understanding about how to improve your emotional responses to the most common stress triggers and you'll get take-home solutions for dealing with the typical, daily relationship situations. John will share information with you so you can transform the common and sometimes frustrating differences between men and women, and how you can increase your hormonal balance and improve your relationships.

Workshop Details:

- Happens on Wednesday, July 14th at 5:00 pm PDT (8:00 pm Eastern)
- To register for this **free** webinar presentation go to:
<https://www2.gotomeeting.com/register/328046027?mtcCampaign=2200&mtcEmail=709155>

Learn effective techniques you can use immediately to...

- transform stress and increase intuition and creativity
- improve your emotional responses to stress
- create a new level of well-being
- maintain strong relationships

You'll also so learn about...

- how you can increase your hormonal balance
- how certain super-foods can help to replenish your hormones
- super exercises that can help you get super sleep
- how you can burn fat with hormones boosting exercises

###

About Howard Martin:

Howard Martin is the Executive Vice President, Strategic Development for HeartMath LLC. He has worked closely with Doc Childre, the founder of HeartMath, in the development and teaching of HeartMath's programs since 1991. Howard is one of the key spokespeople for the HeartMath System and is widely sought after internationally for his dynamic presentations which help educate people about the HeartMath approach to advancing human performance, health, well-being and personal growth. Howard is the co-author of The HeartMath Solution, and developed Nightingale-Conant's audio series, "The HeartMath Method."

About John Gray, Ph.D.:

John Gray is the best selling relationship author of all time. John has just introduced his most exciting and groundbreaking book yet, "Venus on Fire, Mars on Ice: Hormonal Balance - The Key to Life, Love & Energy." His book is the subject of a recent Public Television special by the same name, released on New York's distinguished station, WLIW, December 2009. In addition to being a Certified Family Therapist with over 30 years of experience in the field, John Gray is a consulting editor of The Family Journal and a member of the Distinguished Advisory Board of the International Association of Marriage and Family Counselors. He is a recipient of the coveted Smart Marriages Impact Award.

About HeartMath:

HeartMath LLC (www.heartmath.com) is a cutting-edge health and performance company providing a range of unique services and programs, products, and technology to improve health and well-being, while dramatically reducing stress and boosting performance and productivity. Numerous research studies have demonstrated that HeartMath programs can produce significant improvements in clinical outcomes such as hypertension, cognitive performance and metabolic syndrome, as well as organizational benefits such as staff retention, health care cost reduction, and employee and customer satisfaction. Studies on HeartMath interventions have been published in peer-reviewed journals such as American Journal of Cardiology, Stress Medicine, Preventive Cardiology and Harvard Business Review. Organizational clients include Stanford Business School, Blue Cross Blue Shield, Kaiser Permanente, Duke University Medical Center, NASA and Veterans Affairs Medical Centers, as well as dozens of school systems and thousands of health professionals around the world.