

## *Better @Business™ Sessions*

Be a Top Performer !!!!

Do it Now!!!

Are you consistently achieving your goals?  
Do you have trouble connecting with clients?  
Is it hard to get motivated?

Now you can consider those problems and failures part of your past.

Your present, and especially your future, can now move consistently in the direction of your desires, helping you reach and often exceed your goals.

It's not magic. But it is an attitude adjustment. It's a new way of thinking about your life, your work, your purpose and your achievement. And it can start now with one of our on-site Better@Business™ Sessions.

The technique you will learn to help you accomplish your goals and desires is called **Alpha Meditation**. You will learn to enter a meditative or deep relaxation (Alpha) state, physically and mentally, easily and virtually instantly. This Alpha State is where creative efforts are born and physical acts are controlled. This is a **perfect program for Sales People**.

Science has proven that by using Alpha Meditation you can enjoy a more positive life... a life where you can indeed achieve your goals and desires. Let us show you how.

Shawn Mossell currently teaches Relaxation Conditioning / Stress-Reduction classes at the Norris Center at Northwestern University, and numerous locations throughout the Chicago area. Shawn has trained thousands of people on the subject of Relaxation Conditioning and stress reduction since 1990.

*"I have been blessed to study, practice, and teach this work for over 40 years. I am more enthusiastic now than ever and hope to be of service to you, your family, or your business. I answer all calls personally. I look forward to serving you."*

*Sincerely,*

*Shawn Mossell*



**Attention Presidents/CEOs/HR Managers.**

Improve your bottom line and show your employees you care about their well-being.

Call to discuss our on-site seminars.

*Shawn Mossell Improved Living Institute*

*You're in the right place and it's the right time, too.*

**Start Improving Today!!!**

**Call Shawn at 847-256-7708**

*Shawn Mossell*

*Improved Living Institute*

*You're in the right place and it's the right time, too.*

*Stress Reduction  
Seminars*

*STOP Smoking  
Center*

*Better@Business™  
Sessions*

**847-256-7708**

**ShawnMossell.com**

**Better@ShawnMossell.com**

**322 Poplar Drive ~ Wilmette, IL 60091**

## It's Time to Start Improving

Welcome to the *Shawn Mossell Improved Living Institute*. You're in the right place, and it's the right time, too.

We all face challenges every day: some big, some small; some old, some new; some that continually damage us despite our attempts to not be damaged. Our goal is to help you learn to handle, and even eliminate these challenges. We teach techniques that help you:

- ◇ Reduce Stress dramatically on a daily basis
- ◇ Improve memory and cognition
- ◇ Enjoy restful sleep
- ◇ Stop Smoking and knock out other destructive habits
- ◇ Improve sales and business results

The benefits also lead to more energy, better job performance and better personal relationships. It all adds up to...

## Improved Living!!!

## Stress Reduction Seminars

### **Reduce Stress in Just an Hour!**

Stress is an unavoidable fact of life. For some it's a minor inconvenience. For others it can be nearly debilitating. In any case we know our lives would be much better if we could reduce our stress levels. But getting there sometimes seems so far out of reach, so expensive, so time consuming.

Not so. **We teach you/your employees to manage and greatly reduce stress. And we can do it in just an hour.**

At our on-site seminars, we teach *Relaxation Conditioning* techniques. This is a hands-on practical application based on 50 years of scientific research of the mind/brain/body connection. We show participants how to relax the spinal and autonomic nervous system at will, relaxing physically, mentally, and emotionally. These techniques allow you to reduce stress dramatically and on a daily basis and include an easy to learn, powerful One-Minute stress control technique.

**ShawnMossell.com 847-256-7708**

## STOP Smoking Center

### **Stop Smoking Now!!!**

Since 2002, we have helped more people in the Chicago area than any other stop smoking center to successfully get rid of their tobacco habit. **We know how to show you ways to "kick the habit" for good.**

Our approach helps you learn to alter the way you think and then behave. You will learn to live tobacco free while avoiding the common frustrations and aggravations people experience with other stop smoking methods. Millions of people regardless of education, IQ, race, age, etc. have used these techniques to quit smoking.

Using uncomplicated yet advanced thinking methods, we show you how you can simply choose to forget about desiring tobacco.

Group Discounts Available  
Proven Results -

**SATISFACTION GUARANTEED**