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EMPOWERMENT



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**January 24th 2013: Less Stress, More Joy with  
Dr. Jo Anne White**

Is your list of what to do piling up with no end in sight? Do you have any time for yourself and for fun? What if having "me time" actually helped you be more efficient and less stressed? Today's guest is Dr. Jo Anne White, author, speaker and certified coach, who will help us release our stress and create more joy in our lives. During the show she will define stress, share some of life's major stressors, share her stress busting techniques, talk about self-mastery, introduce "Healthy Life Style Support" and teach us what she calls "Relaxation Response." Dr. White will also help us replace str

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### Featured Guest



#### Dr. Jo Anne White

Dr. Jo Anne White is an internationally known author, speaker and certified coach who gets to the heart of what matters most to businesses, organizations, and individuals, with her transformative seminars, coaching programs and products. Known globally as the "Success Doc" she specializes in innovation, transformation and energy medicine. For over two decades she's been using Success Principles to enrich the lives and businesses of her clients. She's helped millions of individuals and organizations shape their own dreams, overcome adversity, master their own success and triumph in business and in life. Dr. White has been a guest on such networks as CNN, NBC, CBS, FOX and Voice America.

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