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### Breast Friends Cancer Support Radio Wednesday at 9 AM Pacific September 11th 2019: Stress Less and Live More

Stress is the power YOU give to outside circumstance to define what you believe you are capable of handling successfully. Take it back Learn quick grab and go tips to help you stress less and live more from our guest, Lauren Miller, Googles no 1 stress relief expert.

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### Featured Guest



#### Lauren E Miller

Lauren E Miller, has a Masters in Adult Education with a Certification in Human Resources Development. She has personally conquered two of life's top stressors at the same time, advanced cancer and divorce. Now Google's #1 Stress Relief Expert, Award Winning Author, HRD Trainer and ICF and Sherpa Certified Executive Coach and Life Coach, Lauren provides process driven programs with structure, guidance, support and accountability designed to create positive change in behavior resulting in positive impact on business (IOB) and life purpose. Explore More at: <http://LaurenEMiller.com>

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