

STRESS IS
GONE

COACHING

Our Program

Our coaching program is the solution to your stress. It contains the formula that helps people move through very stressful periods in life. We deliver year round relief that works by personally connecting you with a Stress Is Gone Coach who provides weekly support through:

- ☆ Live 1-on-1 Phone Sessions
- ☆ Text Message Support
- ☆ Email Support

"I was unemployed, in an abusive relationship, and caring for my elderly mother. This coaching restored my self-confidence. I feel better than I have in years. My mom is now in a nursing home, I have a new job, and I'm in a healthy relationship. This works!"

Jeanette Weil, Sales Mgr, NY

Over 225 Million Americans experience psychological symptoms due to stress.

Over 200 Million Americans are losing sleep due to stress.

The American Psychological Association.

The Better Sleep Council.

Schedule a phone consultation today.



Live 1-on-1 Phone Sessions

Stress decreases during our phone sessions. Your Stress Is Gone Coach guides you to assess and express the source of your stress and personally leads you through exercises that balance the emotions at the root of your reaction. You'll also be coached in behavior changes to diffuse routine stress and you'll learn how to use Stress Is Gone Tools to:

- ☆ Shift your mind from anxiety
- ☆ Clear layers of emotion
- ☆ Cultivate inner-peace
- ☆ Unlock tension in your body
- ☆ Apply healthy boundaries
- ☆ Handle stress effectively

"In the midst of major life changes regarding my residence, a significant relationship, and my financial situation, I was under heavy stress. With a series of sessions the stress began lifting and I got my life back."

Debra Gillen Fee, Call Center Manager, NJ

77% of Americans experience physical symptoms related to stress in a given month.

85% of all illness and disease is caused by stress.

The American Psychological Association.

The American Medical Association.

Schedule a phone consultation today.



Mobile App



The Stress Is Gone Method

As we address stress at the source the symptoms sort out on the surface. First, your coach uses the details of your routine stress to bring to light the repressed memories and emotions fueling your reaction. Next, your coach guides you through a step-by-step process that clears away layers of old emotion from past memories. Finally, your coach assists you in bringing new perspective and behavior to the routine stress in your life.

“For two years I was suffering from severe physical stress that caused me to miss work. After a coaching session the pain is 60% less. This is the only thing that has made a lasting difference. I am now able to show up to work without any physical issues.”

Alex F., Industrial Salesman, NY

Every week 112 Million people take medication for stress-related symptoms.

80% of workers feel stress on the job.

The American Institute of Stress.

Marlin Company sponsored Gallup Poll.

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Mobile App

The Stress Is Gone ToolSuite

The Stress Is Gone ToolSuite continually grows and delivers a blend of Eastern and Western philosophy through modern technology. You can use The Stress Is Gone Method at work, home, on your computer or your phone. Our tools deliver year round relief addressing the unmet needs concerning stress in our fast paced society.

- ☆ The Stress Stopper Pro predicts your reactions and offers one-touch-relief on your mobile phone
- ☆ The Real-Time Technique helps you balance the source of your stress and gain control in stressful situations
- ☆ The 3 Laws of Stress Relief provides the understanding of how stress builds, how it can be assessed, and addressed.

“As I released stress that was with me for 25 years my lower back felt better, my depression disappeared, and emotional eating, anxiety and fatigue diminished. I grieved the loss of a loved one, and released old patterns around clutter. I was supported by tools to maintain this stress free state. My heart fills with joy whenever I think about it!”

Marcy E. Kessler, M.S., Academic Coach, NYC

Adults reported that their physical and emotional symptoms due to stress increased 47% over the last year.

American Psychological Association.

Schedule a phone consultation today.



Our Founder



With 10 years experience in stress relief facilitation, Brett shares The Stress Is Gone Method in corporations, schools, non-profits, hospitals, and detention centers. He has worked with corporate staff, medical personnel, patients and their families, inner city and incarcerated youth, law enforcement, veterans, students, the homeless, etc. Brett holds a bachelors in Psychology, is a member of the PSI CHI National Honor Society, received training from the Himalayan Institute and a Shaolin Grand Master.

"This work gave me a gift that I can use over and over again when I need to reconnect with peace. It gave me back to myself by allowing me to visit the perfect space of my existence. Like a touch-stone, it takes just a second, and is powerful enough to transport me beyond my biggest problems and into a place where I am free."

Elizabeth O., Commercial Real Estate Broker, CA.

95% of our nation's health expenditures go towards diagnosing and treating disease after it manifests.

Partnership for Prevention.

Stay 1-step ahead with [Stress Is Gone.com](http://StressIsGone.com)



Get Started

Our coaching plans offer a flexible framework to connect with your Stress Is Gone Coach each week over the phone, practice the tools daily, and change the way you react to stress forever. Make the one choice that best shapes all your choices. Start a Stress Is Gone Coaching Plan today! We offer easy installment options.

- ☆ Online at www.StressIsGone.com
- ☆ Call 646-395-9604

“I did a 30-minute Stress Is Gone Coaching Session over the phone because I was having serious anxiety attacks on the job. I have not had one since.”

Alex B., Law Enforcement Officer, New York

Over 200 Million Americans seek help for stress each year.

Stress is the #1 killer in our country.

The American Institute of Stress.

The American Medical Association

Activate your coaching plan today.



Mobile App

**Stress Is Gone provides the knowledge, guidance,
and pathway to inner stress relief.**

**We walk toward our vision of a stress-free
humanity by offering affordable relief that works.**

Contact us for a complimentary assessment.

Advice: [facebook.com/stressisgone](https://www.facebook.com/stressisgone)

Coaching: info@stressisgone.com

646-395-9604



Stress Is Gone, LLC
Resolving Stress from the Source