

STRESS IS
GONE

THE COMPANY

About Us

Stress Is Gone LLC was founded in 2008 to help eliminate stress and prevent stress-related illnesses. Our signature classes and coaching give clients the tools to release built up tension and effectively respond to stress in all areas of life. A website membership includes "The 3 Laws of Stress Relief", "The 10 Keys to Stress Relief", "The Real-Time Technique", "The Stress Stopper" mobile application, access to the growing SIG Tool Suite, and webinar series. People from all walks of life have positive results with The Stress Is Gone Method and you can too.

"I suffered from abdominal pain and anger so severe it affected my ability to work. After three prescriptions did not help, I experienced one session. The pain and anger lifted and I have the clarity to make my life easier."
Crispin Nystrom, Automotive Engineer, NY

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

Annual Healthcare Spending in America: \$2.3 Trillion.

Stress costs Americans \$1.95 Trillion annually.

The American Medical Association.

The California Healthcare Foundation.

Learn more about what Stress Is Gone can do for you.



Mobile App



Classes

We deliver The Stress Is Gone Method in convenient lunch-and-learn environments for corporations, hospitals, non-profits, detention centers, and schools. At a fortune 100 company 92% of participants said they were, "stressed-out." After a 1-hour class 86% said they were, "stress-free." How is that possible? Each class involves four distinct phases.

- ☆ Music and Movement to release physical stress
- ☆ Assessment to locate the source of the stress
- ☆ Guided Expression to balance emotional stress
- ☆ Meditation to clear away mental stress

"The class quickly brought us to a place of calmness and clarity. The facilitator passed along a tool to help people relax in stressful situations. This class is now part of our training program."

DiDi Marcal, Jansen Hospice, New York

80% of workers feel stress on the job.

Job Stress costs U.S. industry over \$300 Billion per year.

Corporate Wellness ROI averages between \$3 and \$4 for every dollar spent.

The American Institute of Stress

The American Journal of Health Promotion.

Gallup Poll (2000).

Learn how stress free employees save companies money. Schedule a demo class.



Mobile App



Coaching

Our Coaching Plan guides clients through The Stress Is Gone Method for 8 weeks. The program consists of Live 1-on-1 Phone Sessions, email/text support, and The SIG ToolSuite, which are practiced each week in real-life situations. We coach clients, independent of age and functioning level, through stressful periods in life. Each week our coaching helps clients build four key skills. How to;

- ☆ Assess the root cause of their stress
- ☆ Balance the emotions that fuel stress
- ☆ Navigate stressful situations easily
- ☆ Cultivate inner-peace

“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 225 Million Americans experience psychological symptoms due to stress.

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

Stress is the #1 proxy killer disease in our country.

The American Psychological Association.

The American Medical Association.

The American Instiytute of Stress.

Schedule a phone consultation today.



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.

“We are so excited about Brett Cotter and the Stress Is Gone program he introduced for psychiatrically disabled adults. He presented in such a unique way that everyone, including staff, was comfortable participating. He's easy to follow and fun to work with and we can't wait for him to come back and continue teaching us.”

Audrey Goodman, Community Relations Coordinator, Peninsula Counseling Center, NY

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)



**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