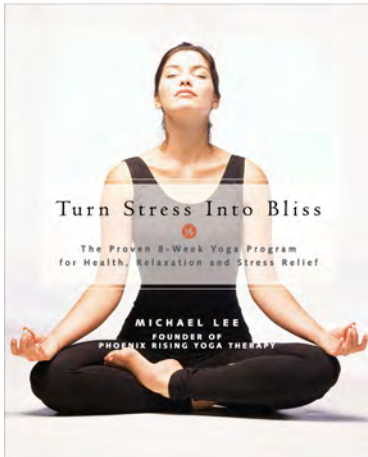


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## **Turn Stress Into Bliss** **The Proven 8-Week Program for Health, Relaxation, and Stress Relief**

**By Michael Lee**  
**The Founder of Phoenix Rising Yoga Therapy**

Potential sources of stress are all around us, so it's not surprising that increasingly stress-related disorders top the list of reasons for visits to doctors nationwide. Yet, while stress is a universal condition, we all experience and handle it differently. What's highly stressful to one person might be hardly stressful to another.

"The key to effective stress relief is to become far more mindful of your own routine, the stress triggers in your daily life, and to listen intently to what your body is telling you," says Michael Lee, the founder of the internationally acclaimed Phoenix Rising Yoga Therapy program and author of a new book, **Turn Stress Into Bliss: The Proven 8-week Program For Health, Relaxation, and Stress Relief** (Fair Winds Press, May, 2005, Paperback, \$19.95, 192 pages, ISBN: 1-59233-022-3). Lee adds that "Only then can you truly build your own "inner muscle" to control stress and create lasting change both physically and emotionally."

Taking an individually focused mind-body approach and with just a few hours each week, this at-home program has demonstrated remarkable results, reducing participants' stress-related symptoms by as much as 55% in just eight weeks. Easy-to-follow and designed for anyone—even those without any yoga experience—all you need is just a short time each day to:

- Settle your upset stomach
- Stop stress headaches
- Soothe jangled nerves and anxiety
- Retrain your mind to focus on what matters most to you, not what worries you the most
- Experience peace, relaxation, and a feeling of being centered.

Beginning with The Simple Bliss Test (see attached *What's Your BQ?*), this user-friendly book, filled with vibrant photography, invaluable tips and first-person anecdotes, walks participants through the program day-by-day. With weekly focus themes, from "befriending your body" to "achieving flow," the program uses simple yoga postures as tools for deeper self-discovery and self-inquiry combined with meditation and a variety of lifestyle changing practices. The result: A renewed sense of health and personal serenity that will last a lifetime!

### **Michael Lee**

Michael Lee founded the Phoenix Rising Yoga Therapy program, a well-respected certifying yoga therapy training organization based in West Stockbridge, MA. Today, the organization is the leader in the field of integrating yoga and modern psychology and is one of the world's largest yoga therapy training facilities with trained practitioners nationwide and in some 20 countries. Originally from Australia, Lee has a background in education and psychology and has been featured in *Yoga Journal* and numerous other publications. He leads workshops and training programs (in medical, educational, and corporate settings) and keynotes at leading medical, psychotherapy, and yoga conferences worldwide.



## What's your BQ? (Bliss Quotient) Take *The Simple Bliss Test* To Find Out

In our stressful lives we are so busy getting things done and trying to accomplish more and more that we lose the opportunity for bliss—those peaceful moments that enrich and soothe us.

The ***Simple Bliss Test*** is not intended to be used as a scientific instrument, rather as a guiding tool to help you gauge the overall extent of stress and bliss in your life.

Rate each item on a scale of zero to ten in terms of how accurately it describes you. A zero would be “Does not describe me at all” and a ten would be “Always describes me” while a five would be “Sometimes describes me.”

1. I am a happy person
2. I have a clear purpose in my life that I'm pleased about.
3. I am achieving what I want in my life
4. The stress in my life is moderate and manageable.
5. I am patient and calm in times of struggle.
6. I take good care of my physical and emotional health.
7. My life is exciting and challenging.
8. I get pleasure regularly from helping others.
9. There are people in my life who love me and who I enjoy spending time with.
10. My work is meaningful to me and serves others.

\_\_\_\_\_ Total Score out of a possible 100

If you scored 0-30, you are probably experiencing one or more symptoms of stress. If you scored 31-60 you could probably use more bliss in your life, but may not notice any symptoms. If you scored 61-100 congratulations!

### **Turn Stress into Bliss: The Proven 8-Week Program for Health, Relaxation, and Stress Relief**

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