



PAULA PLUCK

FREE Mindful Well-being Coaching Course



Introduction

Thank you so much for joining us for your free course.

Our mission is to help people everywhere overcome stress and create the lifestyle of their dreams and this course is designed, as a starting point, to help you do that.

OK, let's get started. Below is an introduction to stress management, the mind/body connection and how to enhance your well-being. It includes a little bit of science to support your learning journey.

We all know some things make us happy and some sad, whilst others don't bother us at all. Yet did you know *'what we think about comes about?'* Did you know you have a say in your health and well-being by how you think, act and speak? We do and the next few days will illustrate this to you.

Jump in and give it a try ... for the first three days just do the practice and take advantage of monitoring your thoughts, feelings and the practice as we go. Catch you on the other side.

Here's some science to back this up:

https://journals.lww.com/psychosomaticmedicine/Abstract/2003/07000/Alterations_in_Brain_and_Immune_Function_Produced.14.aspx

Love
Paula

"When you realize nothing is lacking, the whole world belongs to you."

-Lao Tzu

