

Are You Sick and Tired of Being Sick and Tired?
Do you Lack Energy... are you Bored or Frustrated?

**Here's the Prescription for a
Stress Free, Confident Lifestyle**

Dear Friend,

I'd like you to join me in battle. You see, even in today's "civilized" society...there is still an enemy pursuing you.

But it's not like the old days, when the bear would come down from the mountain and try to eat you. Even though "civilization" has driven away the "actual" bear...today's "bear" is just as ferocious...just as hungry...and a lot trickier.

Let me explain. Have you ever found yourself asking:

- "I'm successful...why don't I have the peace of mind -- *the satisfaction* -- I thought I would have at this point in my life?"
- "Have I become 'soft' -- the victim of a sedentary 'couch potato' lifestyle?"
- "Have I lost the edge, the fire, the passion I had a few years back?"

Here's the problem: The same civilization that protected us from "the bear" has also created a different type of "bear"...just as hungry, and a lot trickier. **It's called STRESS...**and you may have seen its ugly "tracks" near your home:

For example, have you experienced:

- a lack of energy...a sense of fatigue that prevents you from doing the things you enjoy?
- boredom -- a feeling that life has lost its excitement?
- frustration...a lack of patience...a feeling that time is slipping through your hands?

And, most dangerously...a gut feeling that somehow you have lost control?

I am writing to you -- as one professional to another -- with an important message:

**It doesn't have to be that way. The Stress-Free,
Confident Lifestyle is yours for the taking!
And it's a lot easier than you think.**

Imagine the confidence and the peace of mind you would have if you knew:

- the principles of stress reduction...your "key" to inner peace!
- the "secret" to smashing self-imposed barriers
- the self-defense skills necessary to protect yourself and your family

My name is Stephen Olivier. I'm the owner of "<<Your Business Name>>" on Main Street in Your Town. I have been teaching **Stress Free, Confident Lifestyle Strategies** to professionals just like yourself, at the same location, for twenty five years.

Are you interested in discovering how martial arts can lead to a stress free, confident lifestyle for you?

I'm offering a Free Trial Membership at "<<Your business Name>>." These are Private Lessons...just you and the teacher. I'll even toss in a free Karate uniform. Here's what you'll get:

- ✓ **Free Personal Consultation (\$39.97 value)**
 - ✓ **Free 2 Private Lessons (\$90.07 value)**
 - ✓ **Free Uniform (\$89.97 value)**
 - ✓ **Free DVD "See the Impact (\$49.97 value)**
 - ✓ **Free CD "In Their Own Words (\$19.97 value)**
- Total Value \$289.95**

If you would like to register, just call Ian at 800-229-2286.

Sincerely,

Stephen Oliver

P.S. The Free Membership offer expires on March 25. You'll get

- ✓ Free Personal Consultation (\$39.97 value)
 - ✓ Free 2 Private Lessons (\$90.07 value)
 - ✓ Free Uniform (\$89.97 value)
 - ✓ Free DVD "See the Impact (\$49.97 value)
 - ✓ Free CD "In Their Own Words (\$19.97 value)
- Total Value \$289.95**

P.P.S. Don't let stress ruin your life. Call 800-229-2286 now.