

**ATTENTION: Women entrepreneurs and small-business owners**

Don't get caught off-guard when you are asked . . .

# “Something's different about you. What have you done?!”

Because people doing a double take will be just one of the perks you can look forward to when you *stop running your business and your life like an emergency with these 15 stress-management strategies!*



**From:** Linda Hampton, RN, MSN

**Subject:** 15 stress-management strategies for women entrepreneurs and small-business owners

**Date:** August 24, 2013

Dear Fellow Woman Entrepreneur/Small-Business Owner,

If you are anything like the ambitious women entrepreneurs and small-business owners I surveyed recently, **the biggest sources of stress in your life right now** are:

- *Not having enough time*
- *Your finances*
- *Too much to do*
- *Not having enough money*

What you would most like is:

- *More time to relax*
- *More peace and focus*
- *A life that flows more easily*
- *To be able to sleep better*
- *More me-time and vacations*
- *To be more productive*
- *To have more energy to tackle personal and professional responsibilities*

More than that, you want . . .

## **Stress-Defeating Strategies You Can Implement Right Away Without Making Drastic Changes In Your Life**

Hi.

My name is Linda Hampton.

Among other things I am also a stress and wellness management coach, and my mission is to help women entrepreneurs and small-business owners avoid **stress-induced burnout**.

Not too long ago, I was juggling a home business and a full-time job as a vice-president of a multimillion-dollar health care company. I was also active in the life of my grandchildren.

I was overworked and overcommitted.

But I didn't feel stressed at all.

What I didn't know was stress was about to sneak up on me like a windshield on a bug.

And then it happened.

I almost landed up in hospital.

I had blood pressure so high, it took the doctor months to bring it under control. The stress had also weakened my immune system, leaving me with pneumonia.

**What a blessing in disguise!**

Not only did my ordeal teach me a thing or two about **the virtue of coping positively with the stressors in my life**, it also helped me to:

- *Get out of the rat race and rejoin the human race*
- *Live life by design*
- *Say goodbye to a stress-dominated life*
- *Become healthy, peaceful, calm, and more successful than ever before!*

I'd like to help you do the same, but only if you are willing to . . .

## **Commit To Taking Action To Embrace The Stress-Free Life You Deserve To Live**

Look, there's no magic pill that can help you turn your life around.

What I can instead offer you are **15 stress-management strategies to help you lead a more balanced life** . . . in spite of the stress that is the lot of ambitious breadwinners and/or caregivers like us.

To be fair, let me also tell you that these stress-management strategies are nothing new.

What I've simply done is saved you the expense and bother of spending hours finding the **information you can implement right away without making drastic changes in your life**.

I've done all the hard work for you. I've even included step-by-step instructions alongside easy-to-follow tasks.

As you will soon learn, I've made implementing the 15 stress-management strategies a no-brainer to help you . . .

## **Turn Your Stress-Dominated Life Around In 30 Days Or Less**

*“Can I realistically turn my stress-dominated life around in 30 days or less?”*

Good question!

**If you follow my advice, there's no reason why you can't or won't.**

To help as many fellow women entrepreneurs/small-business owners as I can as quickly as possible, I've compiled the 15 stress-management strategies in a book called, **Curing Toxic Stress: 15 Strategies for Living a Healthy, Peaceful, Calm Life**.

You can download **Curing Toxic Stress** in no time, and be well on your way to embracing the stress-free life you deserve to live without making drastic changes in your life . . . starting today.

I've been told to offer **Curing Toxic Stress** for \$47.00.

Someday I might.

**But I don't need your money.**

Right now, I make more than enough as a stress and wellness management coach . . . business coach . . . business mentor . . . licensed Get Clients Now!™ facilitator . . . business owner . . . and founder of KeyToStressFreeLiving.com, a website where I share what I've learned over the past 15+ years (and am still learning) about stress relief and relaxation.

I could easily offer **Curing Toxic Stress** as a free download in exchange for, say, your e-mail address.

But I won't.

The reason I want you to **pay** \$19.97 for **Curing Toxic Stress** is to make sure you don't just save it to your computer and forget about it within days.

I want you to not only read **Curing Toxic Stress** but I want you to also **study** it. The stress-management strategies discussed in the book have worked for me and I'm sure they'll work for you, too.

Look, the life of a woman entrepreneur/small-business owner who may also be a caregiver is already tough enough. All I'm saying is: **Why must stress be allowed to make matters**

worse?

That's why **Curing Toxic Stress** contains . . .

## **Stress-Management Strategies You Can Implement Right Away Without Making Drastic Changes In Your Life**

If you want to . . .

- Nip stress in the bud by identifying, avoiding and/or tackling the stressors in your life
- Remain calm, confident and relaxed in any situation . . . banish worry and fear . . . and positively face any challenge life may throw at you
- Break the negative stress cycle (stress → negative thoughts → negative behavior → negative outcome → stress) with the help of the 3 R's
- Learn the best short-term anti-stress tips and quick fixes that can not only clear your mind but also help you carry out important changes in your life
- Learn the little-known ABC method to understand and deal with both the stressors and the stress in your life
- Avoid self-induced stress and live life in a relaxed, carefree way
- Eliminate the negative impact of stress
- Discover the physical, mental and lifestyle changes you can easily make to eliminate or at least minimize stress
- Overcome the self-limiting beliefs, thoughts and values causing stress in your personal and professional life
- Embrace who you truly are and become the stress-free person you have always wanted to be

. . . then **Curing Toxic Stress** is for you.

Look, I don't want you to take my word for it.

Instead, I want you to try **Curing Toxic Stress** with . . .

## **My “Stop-Running-Your-Business-And-Your-Life-Like-An-Emergency-And-Live-A-More-Balanced-Life-In-30-Days-Or-Get-All-Your-Money-Back” Guarantee**

If **Curing Toxic Stress** fails to help you:

- *learn to cope positively with stress*
- *live a more balanced life*
- *turn your stress-dominated life around*
- *start living life by design*
- *get out of the rat race and rejoin the human race*
- *become more healthy, peaceful and calm than ever before*

. . . simply let me know within 30 days and I'll promptly refund every cent of the \$19.97 you paid—no questions asked.

What's more, I'll issue a refund even if you are not 100% satisfied for any other reason.

Fair enough?

As you can see, there's absolutely no risk in trying **Curing Toxic Stress**.

## **Look At What Else You Get With Curing Toxic Stress**

By itself, **Curing Toxic Stress** has everything you need to stop running your business and your life like an emergency.

But because I want you to be convinced that I am on your side and not out to make a quick buck off of you, I am throwing in a few bonuses together worth much more than the \$19.97 I am asking for **Curing Toxic Stress**.

Mind you, the bonuses are just as useful as the book. Each bonus has been created to support and supplement (again, without requiring you to make drastic changes in your life) what you will learn in **Curing Toxic Stress**.



### **>>>>>>>>> FREE Bonus #1 <<<<<<<<<< Stress Management Self-Care Checklist (\$9.95)**

This DIY checklist not only helps you evaluate your stress level, it also lets you know what you can do—starting right now!—to nip stress in the bud or at least minimize its impact.



### **>>>>>>>>> FREE Bonus #2 <<<<<<<<<< 50 Simple Stress Relief Strategies (\$10.95)**

Target and eliminate the stress monster by following these simple and easy stress relief strategies.



### **>>>>>>>>> FREE Bonus #3 <<<<<<<<<< 100+ Positive Affirmations (\$12.55)**

Do affirmations work? You bet they do! Use these affirmations as often as you want throughout the day. Change yourself by changing the self-talk. Get your subconscious mind on your side!

So if you are ready to finally stop running your business and your life like an emergency, and choose a lifestyle that does not enslave you to stress, get **Curing Toxic Stress** plus the FREE bonuses right away.

Remember, there's no risk. And if you follow my lead, you could be living a balanced life within 30 days from today.

Sincerely,

[Signature]

Linda Hampton, RN, MSN

**P.S.** I almost forgot! When you order **Curing Toxic Stress** today, I'll also throw in a FREE Special Report, *Thriving in the Midst of Chaos: 3 Keys To Maintaining Your Sanity When Everyone Around You Is Going Crazy!*

**P.P.S.** I also publish *From Chaos To Calm*, an e-zine featuring tips and strategies to help busy entrepreneurs and executives get out of overwhelm, gain more time, and improve their finances, relationships and health. You will also receive a FREE subscription to the e-zine when you order **Curing Toxic Stress** today!

**YES, Linda . . . I want to stop running my business and my life like an emergency!**

**NO, Linda . . . I don't want to stop running my business and my life like an emergency, but . . .**