

“There is no one better qualified than Don Joseph Goewey to offer a solution to stress that lifts your life even higher than where you currently stand.”

Gerald G. Jampolsky, M.D.
author of *Love is Letting Go of Fear*, and
A Mini Course for Life

Don Joseph Goewey

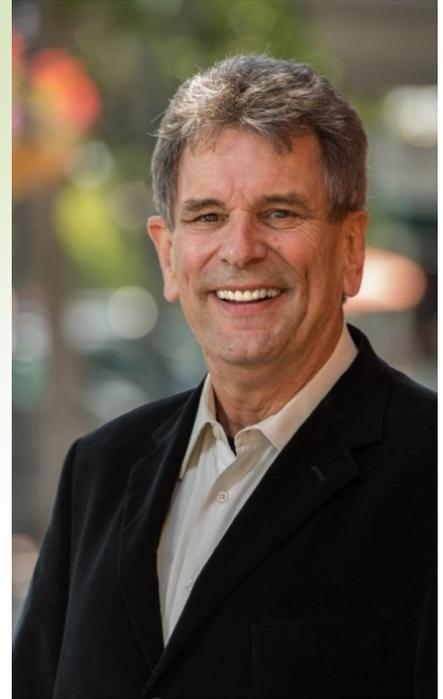
The Neuroscience of Success

A dynamic speaker and bestselling author, Don helps people make the shift from a life beleaguered by stress to a life of being well and doing well on the way to flourishing. Audiences rave about Don. He knows from personal experience the devastating effects of stress and, more importantly, of our capacity to end it.

Don articulates the problem of stress and its solution with clarity, empathy, and humor. He instills in his audience the confidence that each of us can achieve this extraordinary change.

A participant in his stress workshop stated, *“Don's ability to get to the core of what, I think, all of us were struggling with, was amazing. I felt like he really understood what I was going through and was speaking to me directly. And, what he said made sense ... most importantly, IT MADE A DIFFERENCE IN MY DAILY LIFE!”*

Don's approach has been documented to cut stress nearly in half in high pressure organizations, while increasing productivity, creativity, and improving health, well-being, and interpersonal relationships.



“What makes Don's work so compelling is that it converts decades of research, science, and evidence-based practices into a practical, pragmatic program that real people can use to dramatically transform their performance, their success, and their lives.”

Eric Severson, Global
Vice President for
Human Resources at
The GAP



Don's Topics

- Stress, the Brain, and the Neuroscience of Success.
- The End of Stress: It's As Near to You As Your Own Thoughts
- How I Overcame a Perfect Storm of Stress that Should Have Killed Me and Nearly Did
- 7 Ways Stress Ruins Your Life and 5 Steps that Overcome It
- The Neuroscience of Positive Thinking
- Rewiring the Brain for Wealth, Health, and Love
- Achieving the Good Life
- The One Simple Step That Can Make You a Star
- Unleashing the Creative Brain
- How to Create Breakthrough Innovators

Don's books and workshops are based on recent breakthroughs in neuroscience that have expanded science's view of human potential .

Contact

To book Don as your speaker, learn more about his training programs, or arrange a consult, use the contact information below:

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<http://theendofstressbook.com>

Author, Speaker, Leader

Don Joseph Goewey managed the department of psychiatry at Stanford Medical School, directed a regional emergency medical system, and headed an institute that pioneered an approach to catastrophic life events. He has worked with some of the most stressful situations on earth, with people facing terminal illness, parents struggling with the loss of a child, prisoners adjusting to a life sentence, and refugees of the genocidal war in Bosnia struggling with extreme post-traumatic stress.

Don also directed a research team that built an integrated model that enables a human being to overcome adversity and flourish. The success of the model in helping people end stress in high-pressure workplaces like Cisco Systems and Wells Fargo Bank has been unprecedented.

Don is the author *The End of Stress, Four Steps to Rewiring Your Brain*. He writes for the Huffington Post and has been featured on the Today Show, CNN, and NPR.

Book Don Now!