

FOR IMMEDIATE RELEASE

The Stress Doctor is In

Dr. Kenford Nedd Releases *Action Plan for Mastering Stressful Moments* DVD

VANCOUVER, CANADA — February 15, 2007 — Stress may well be the most common ailment in the industrialized world. According to a recent AP-Ipsos poll, 75% of people in the United States, Australia, Canada, France, Germany, Italy, South Korea and the United Kingdom say they experience stress on a daily basis. During and after the holiday season, stress becomes even more acute. Not only does stress make life more difficult, it reduces productivity and is directly related to a significant number of major diseases.

Dr. Kenford Nedd is a medical doctor and world-renowned expert in the area of stress. As a keynote speaker and consultant, his clients include AT&T, American Airlines, Pfizer, and many other business, healthcare and political leaders.

Now for the first time on DVD, Dr. Nedd has released his seminar, *Action Plan for Mastering Stressful Moments*. In it, Dr. Nedd delivers in an engaging and energetic manner, practical techniques for overcoming stress, increasing productivity and living a happier, more fulfilled life.

Topics Include:

- The Power of Awareness
- How to Master Your Emotions
- How to Abort the Stress Response in 11 seconds
- Practical Tips for Uncovering Your Purpose
- How to Establish Control and Build Hardiness Against Stress
- How to Access and Upgrade the Psycho-physiological System

Action Plan for Mastering Stressful Moments has garnered much praise. GlaxoSmithKline described Dr. Nedd's program as "Super! Energetic! Sincere! Right-on-the-money!" According to the Washington Society of Association Executives, "The program was packed with solid, practical information and presented in such a wonderfully compelling and entertaining way."

To order *Action Plan for Mastering Stressful Moments* on DVD visit www.kennedd.com or call (604) 224-9114.

Dr. Kenford Nedd is an international keynote speaker, consultant, author and practicing medical doctor. He has been featured as one of the top ten speakers in America and received standing ovations from American Airlines, AT&T, American Hospital Association, and many others worldwide.

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