

PHYLLIS GINSBERG, M.A., MFT *BRAIN MAKEOVER* AUTHOR, ENGAGING SPEAKER AND WORKSHOP LEADER



Presented to Professional Organizations:

- East Bay California Association of Marriage & Family Therapists
- Collaborative Law (Divorce) Group

Phyllis will have your audience thinking differently about the way they think!

Popular speaking topics...

It's All About Thoughts!

Learn how thoughts effect stress. Then experience EFT (Emotional Freedom Technique) tapping, customized to the needs of the audience in real time! An experiential talk.

Brain Makeover

Phyllis delivers fun, practical and easy to use tips and tools to increase enjoyment in life! Your audience will learn how thoughts can be easily shifted to build new neural pathways for permanent changes.

Phyllis has stood out as an expert in her field with over 20 years of experience. She's taught cutting edge information to her professional organizations on Positive Psychology (the study of happiness) and Energy Psychology (the release of stored emotions that keep people stuck). Her book, *Brain Makeover—A Weekly Guide to a Happier, Healthier & More Abundant Life!* has practical, easy to use messages.

Her one-on-one clients and workshop participants appreciate her commitment to guiding them along the path to successfully sidestep stress and burnout, and create better lives and happier careers -- no matter what demands life dishes up.

Here's what people are saying about working with Phyllis...

"I now have the tools to serve me the rest of my life, that I can use to significantly lower my stress level." - M.B.

"I feel great and am SO HAPPY to have Permanent Solutions for my own Permanent Weight Loss. Incredible experience!" - J.G.

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