

EVERY LIFE HAS ITS CHALLENGES YOUR HEART HAS THE ANSWERS



How do you want to feel most of the time?

If “more relaxed, confident, at ease, energetic, and creative, even in this crazy and unpredictable world” is even close to your answer, you are a perfect fit for the Building Personal Resilience™ Program.

Through 4 weekly sessions of mentoring with Hillary, you'll be able to:

- Meet challenges more easily and effectively
- Stay calmer during times of stress
- Tap into your heart's wisdom to gain clarity and perspective
- Enhance your communication and relationship with others
- Access your full potential and live your dream

*Email Hillary at bittmanbliss@att.net
or call/text 530-318-2374
to book your HeartMath® Sessions.*

The HeartMath® Building Personal Resilience program is only available from a HeartMath® Certified Mentor or Coach.

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