

# Ready for positive behavior change?

Permanently eliminate the root causes of unwanted behaviors that lead to health issues in just a few weeks.



**47%** Reported lower stress levels  
**LivingEasy** (Stress)

**52%** Reduced levels of alcohol consumption  
**LivingSmart** (Alcohol)

**33%** Quit smoking tobacco  
**LivingFree** (Tobacco)

**77%** Increased physical activity  
**LivingFit** (Fitness)

**53%** Reduced BMI more than 5 percent  
**LivingLean** (Nutrition)

All programs contain a unique structured cognitive behavioral training designed to break down self-defeating beliefs, thought patterns and resulting emotional dependencies that drive unhealthy behaviors, replacing them with empowering beliefs, rational emotional responses and healthy behavior patterns.

**This process evolved from Dr. Lou Ryan's collaboration with, and under the guidance of many different experts, including:**

- The late **Albert Ellis Ph.D.**, developer of rational emotive therapy
- **Diane Hambrick MD**, current medical Director at St. Helena Hospital Center for Health and practitioner of addiction psychiatry for over 37 years
- **Dr. Mary Steinhardt**, Professor at University of Texas at Austin, a national authority on resilience
- **John E. Martin**, Professor of Psychology at San Diego State University and Director of its Behavioral Medicine Clinic

With over 30 years of success in live programs, these courses use a highly engaging interactive multimedia format that simulates live coaching seminars. The sessions are centered around graphics-enhanced HD video of real instructors and everything is intuitively sequenced to provide a user-friendly experience without any guesswork.



LET'S TALK ABOUT HOW WE CAN HELP

Toll-Free 877.662.7286 | Sales Inquiries [sales@bravowell.com](mailto:sales@bravowell.com)

## LivingWellRested

4 weeks

Address destructive sleep patterns or insomnia.

- Continually learns the person's ongoing sleep challenges and delivers personalized coaching and unique methods for instilling lasting behavior change for insomnia
- Led by Dr. Michael Grandner, one of the nation's top sleep experts



## LivingLean | 4 weeks

Gain power over food and lose weight naturally.

- Designed to end food cravings and unhealthy eating habits
- Attacks the root of the problem, transforming the way participants think and feel about food and how they eat
- 14 online videos, quizzes, exercises, and other support tools and activities

## LivingFree | 3 weeks

Break free from tobacco addiction.

- Designed to eliminate cravings and end physical and emotional dependence on tobacco
- Exposes and transforms the core beliefs and emotions that cause a person to smoke (or chew) and empowers participants to quit in as little as 5 days
- 12 online videos, quizzes, exercises, and other support tools and activities

## LivingSmart | 3 weeks

Manage alcohol use and gain control.

- Designed to control alcohol consumption by ending the urge to drink
- Works to expose and transform the core beliefs and emotions that cause a person to crave alcohol
- 12 online videos, quizzes, exercises, and other support tools and activities

## LivingEasy | 3 weeks

Create a sense of calm and resilience.

- Designed to teach participants how to turn emotionally overwhelming disruptions into events that help them thrive
- Helps prevent persistent and unrelenting stress that often leads to anxiety, depression, and unhealthy behaviors such as overeating and drug or alcohol abuse

## LivingFit | 9-12 weeks

Learn to love exercise one step at a time.

- Designed to help sedentary people make exercise a regular, and enjoyable, part of their lives
- Breaks down self-defeating beliefs and emotions that cause people to avoid exercise, replacing them with empowering beliefs and emotions

## LivingWell | 3 weeks

Manage diabetes in a new, empowering way.

- Designed to teach participants how to truly transform the way they think about and manage diabetes, physically and emotionally
- Taught by Registered Dietician & Certified Diabetes Educator
- Help master the 3 critical areas of successful diabetes management: emotional, physical and educational