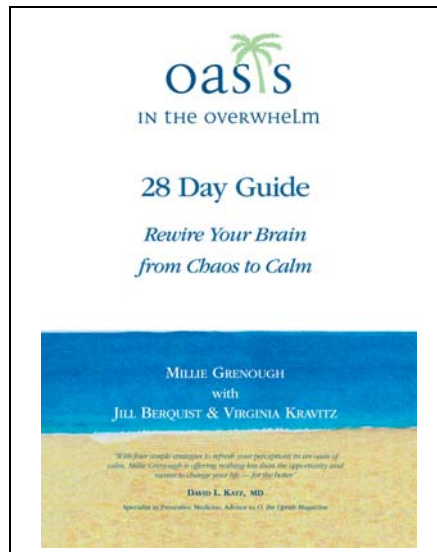


OASIS in the Overwhelm

60 second strategies for balance in a busy world

— Book Signing & Author Talk: Sunday, September 14th at 2:00 PM —
Borders Books: 7135 East Camelback Road, Scottsdale, AZ



Meet the Authors of the
OASIS in the Overwhelm 28 Day Guide:
Rewire Your Brain From Chaos to Calm

Too Busy? Stressed Out?

Come hear about four simple strategies that will help you interpret your stress signals and respond more productively. Learn how you can create your own oasis of calm any time.

Scottsdale's own Life Coach, Virginia Kravitz, joins International OASIS presenter, Millie Grenough to discuss their collaboration on the OASIS 28 Day Guide.

Millie Grenough
Coach, Trainer, & International Speaker



MILLIE GRENOUGH, Executive Coach, international keynote speaker, and award-winning author, is best known for her ability to inspire people to do what they thought was impossible. She has taught non-singers to sing, shy speakers to speak confidently in public, Type A personalities to work smarter, warring parties to work together, and harried CEOs and parents to breathe easier. To learn more about Millie and how you can become an Authorized OASIS Trainer, visit: www.oasisintheoverwhelm.com

Virginia Kravitz
Career and Life Coach



VIRGINIA KRAVITZ, Career and Life Coach, has always been fascinated by how people make meaningful change and create lives that delight them. Ginny founded In the Current™ to help accomplished professionals use their restlessness as the door to something bigger and to start living with a greater sense of joy and abandon. To learn more about In the Current™ coaching programs, to access helpful tools and resources, and to subscribe to the *Current of Life* e-zine, visit: www.inthecurrent.com