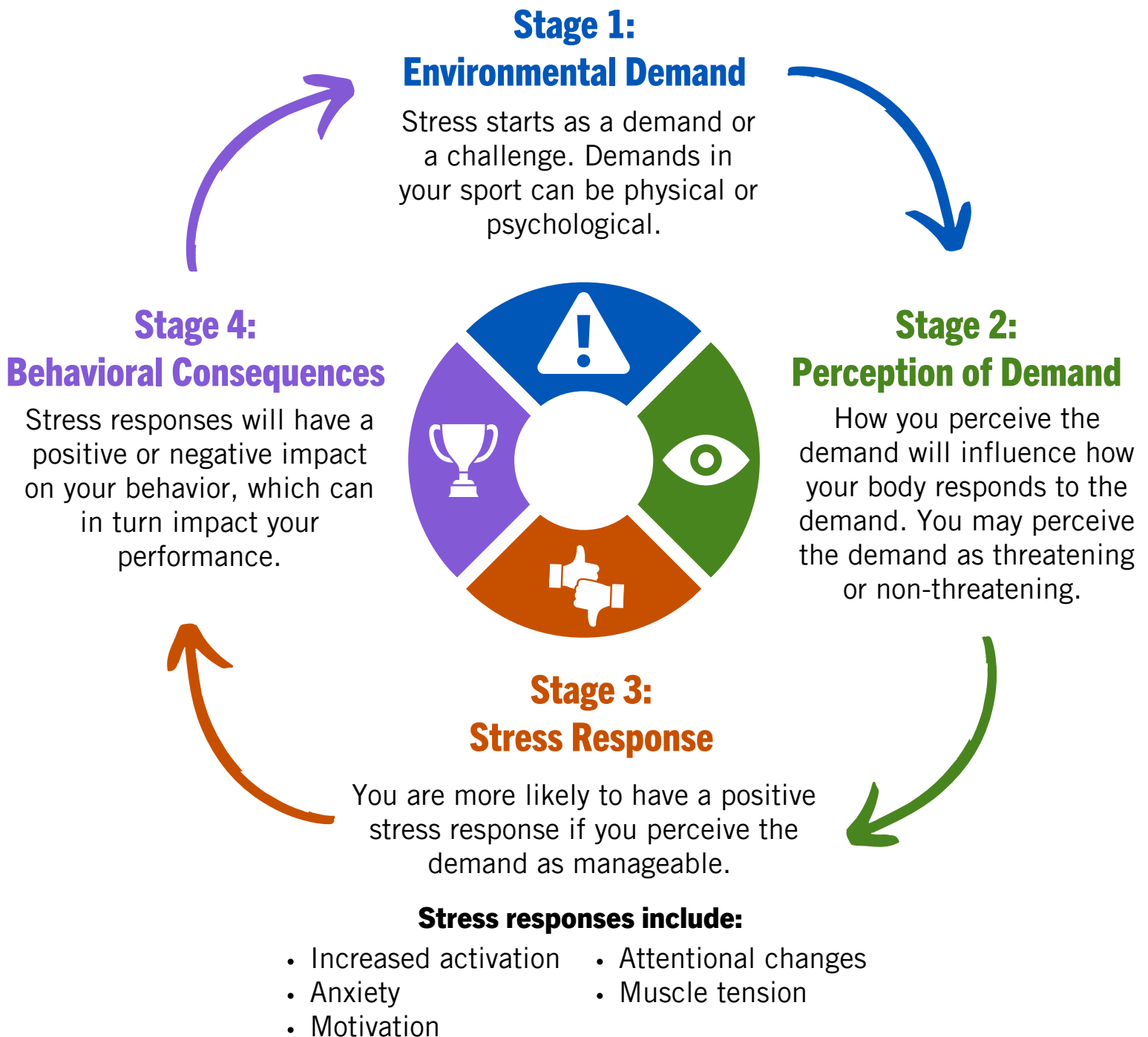


TURN YOUR STRESS INTO SUCCESS

McGrath's Stress Model



Remember that awareness is the first step to improving your mental performance!