

*"Contagious energy and zest for life. A fantastic life-altering presentation. Don't miss it!"*

~ DR. W. SCOTT LEBUKE, DDS

*"Experience spellbinding oratory and learn practical skills that can drastically change your life!"*

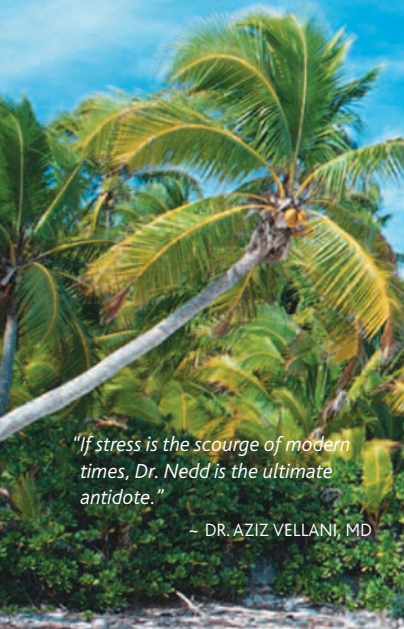
~ ART VERTLIEB, QC, GOVERNOR, ASSOCIATION OF TRIAL LAWYERS OF AMERICA



*"The feedback from everyone was overwhelmingly positive. Dr. Nedd delivered a strong message with enthusiasm and conviction, leaving us all motivated and better prepared to deal with everyday challenges."*

~ LUIGI BERARDELLI, NATIONAL SALES MANAGER, RHONE-POULENC RORER CANADA INC.

**DR. KENFORD NEDD'S  
CARIBBEAN  
STRESS  
RETREAT**  
ANTIGUA NOVEMBER 10-17, 2007  
THE WEEK THAT WILL CHANGE YOUR LIFE



*"If stress is the scourge of modern times, Dr. Nedd is the ultimate antidote."*

~ DR. AZIZ VELLANI, MD



**REGISTRATION**

PER PERSON	4-DAY RETREAT INCLUDES FREE BONUS PACKAGE	7-DAY RETREAT EARLY BIRD RATE BEFORE 31 JULY 2007	7-DAY RETREAT REGULAR RATE AFTER 31 JULY 2007
DOUBLE OCCUPANCY	\$1,995 USD	\$2,195 USD	\$2,495 USD
SINGLE OCCUPANCY	\$2,095 USD	\$2,795 USD	\$3,495 USD
GROUP RATES	UPON REQUEST	UPON REQUEST	UPON REQUEST

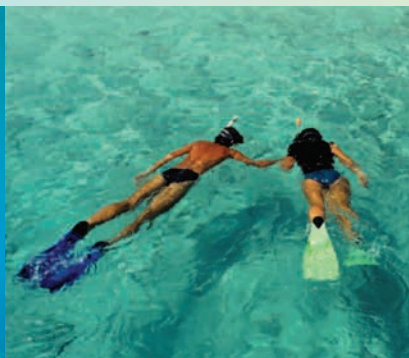
Accommodation at the fabulous *Jolly Beach Resort* includes: all meals and snacks, all drinks, wine by the glass with meals, all taxes and gratuities; use of non-motorized sports equipment and facilities; weeklong world-class stress conferences and workshops led by international stress experts. Air transportation is not included.

**THE WEEK THAT WILL CHANGE YOUR LIFE**

**CANCELLATION** WRITTEN NOTICE OF CANCELLATION MUST BE RECEIVED AT LEAST 30 DAYS PRIOR TO YOUR SCHEDULED ARRIVAL DATE. FAILURE TO CANCEL AT LEAST 30 DAYS PRIOR TO ARRIVAL DATE WILL RESULT IN FORFEITURE OF REGISTRATION FEES. **LIABILITY LIMITATIONS** STRESS DOCTORS WILL NOT ASSUME ANY RESPONSIBILITY FOR LOSS, DELAY, ACCIDENT, INJURY OR DAMAGE TO PERSONS OR PROPERTY, OR ANY LIABILITY WHATSOEVER ARISING FROM OR IN CONJUNCTION WITH SERVICES PROVIDED.

**SAMPLE DAY**

- 7-9AM **Island breakfast** and interactive session to identify your stressors
- 9-10AM **Developing Mental Toughness** Explore this topic on the beach
- 10AM-1PM **How to Stay Healthy Under Stress** KEYNOTE PRESENTATION with Kenford Nedd
- 1-2PM **Boost Your Brainpower Under Pressure** Lunch and presentation
- 2-5PM **Please yourself!** Explore some of the many activities that Antigua has to offer
- 5-6:30PM **Core Techniques for Managing Stress** Learn stress inoculation on the boat
- 6:30-8PM **Island dinner** Your choice of the resort's various restaurants
- 8:00PM **Caribbean-style networking party** Live entertainment with refreshments



**REGISTER  
TODAY!**  
www.stressdoctors.com  
1 800 506-0067  
info@stressdoctors.com



# THE WEEK THAT WILL CHANGE YOUR LIFE

*"Very inspiring! If only half the world had Dr. Nedd's vision and enthusiasm!! Excellent speaker!!"*

~ NATIONAL ASSOCIATION  
OF REALTORS



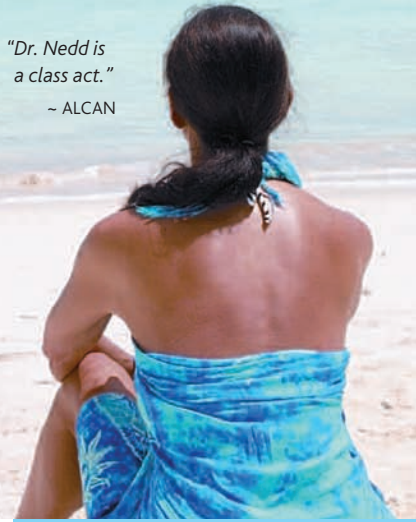
Join Kenford Nedd MD, The Stress Doctor, and his dynamic team in sunny Antigua for the vacation that will change your life. You'll learn and practice result-oriented techniques that will help you eliminate the negative impact of stress on your heart and immune system, your emotions, and your career.

*"Dr. Nedd is a class act."*

~ ALCAN

“Give me your commitment for one week and you will return home with a new body and mind. You'll be energized by a plethora of new, creative ideas and powerful skills to help you feel and look better, increase your success, and make more money. You'll become a happier person, feel and look younger, and eliminate stress from your relationships at home and at work.”

~ KENFORD NEDD, MD



**Kenford Nedd, MD** is a renowned international speaker with a fantastic message that has changed the lives of thousands of individuals around the globe. He has devoted the last 18 years to helping people in all walks of life to triumph over stressful situations and achieve healthier and more successful lives. His spellbinding orations keep audiences on the edge of their seats, and they walk away from his retreats and seminars with a blueprint for meaningful change that can last a lifetime. He has received standing ovations from an annual conference of **United States mayors, AT&T, American Airlines, Washington Society of Association Executives, IABC,** and many more. Dr. Nedd has been featured as one of ten top speakers in America in the **American Journal of Association Executives.**

## ENHANCE YOUR PHYSICAL HEALTH

- Find out how to lose weight and keep it off
- Get the real deal on nutrition and supplements that enhance peak performance
- Design your personal eating plan to resist illness and increase brain power
- Draft an escape plan for diseases most likely to strike or slow you down

## BOOST YOUR MIND POWER

- Discover how to use your stressors as gifts to build a better mind and body every single day
- Explore techniques to improve your memory, think quickly on your feet
- Practice 7 key skills to master your emotions
- Uncover the secret to beating stress in just 11 seconds

## INCREASE YOUR BUSINESS SUCCESS

- Profit from innovative ideas to improve and expand your business
- Acquire new skills to deal with stressful situations and difficult people
- Develop an effective technique to prepare for stressful interactions
- Master relationship skills that will revolutionize your selling ability

Stress costs business in excess of \$400 billion each year. How much is it costing you? Join us and experience Dr. Nedd's passion and expertise. You'll increase your potential to earn more, and walk away with supreme benefits that will last a lifetime.

**Decrease your stress. Increase your success!**

*Dr. Kenford Nedd's Caribbean Stress Retreat has been endorsed by the government of Antigua. The Honourable Prime Minister Baldwin Spencer welcomes you, and invites you to broaden your horizons as you exchange ideas with multicultural entrepreneurs and experts from around the globe.*

*"Phenomenal speaker with a fantastic message."*

~ US MEETING PLANNERS

*"Super! Energetic! Sincere! Right on the money! Best motivational talk we have ever heard... energy, emotion, and content!"*

~ GLAXOSMITHKLINE

**THE WEEK THAT WILL  
CHANGE YOUR LIFE  
PROMISE!**

