



Introduction of Eliz Greene

(Eliz is pronounced E-Liz... like E-mail)

Eliz Greene is an author, blogger, and professional speaker who is **ridiculously** excited about stress.

She not only finds the chemical reaction in the body caused by stress fascinating, but knows protecting your heart from stress isn't a "nice-to-have."

Her latest book, *Stress-Proof Your Life*, offers implementable strategies to combat uncertainty, overcome overwhelm, and improve performance and quality of life.

She treats stress management as a **HARD SKILL** essential to feeling better, protecting your health, and getting more of the important stuff done...

... and don't we all want that.

Please welcome **Eliz Greene**